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GO BANANAS

A BUNCH OF PEOPLE WILL HIT THE BARS IN TORONTO DRESSED JUST LIKE THIS. PLAN TO JOIN THEM? PAGE 3

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Cabbies cry foul over tickets

Meeting with city and police. A Beck Taxi driver received nine tickets in one day, totalling $975

Members of the taxi industry will meet Tuesday morning at city hall with police and city officials to discuss "serial ticketing" of taxi drivers.

The meeting was called after Gail Beck-Souter, general manager of Beck Taxi, emailed several city officials and police to ask why some drivers have gotten as many as 10 tickets at a time for bylaw infractions, which she says creates "bad relations between cab drivers and Toronto police."

For example, one Beck Taxi driver received nine tickets totalling $975 on July 28, including $65 owed for not having change for a $20 bill, copies of tickets show.

She said the driver had to wait four hours while a police officer wrote the tickets, missing time from work.

"No one says that cab drivers should get away with breaking the law," Beck-Souter said.

"We're just looking to hopefully get a better understanding ... between the drivers and police. Some of these tickets do look a little offside."

The meeting comes as the city is conducting a review of the Toronto taxi industry and its viability. It's expected to wrap up in December.

The final report, presented to the city's licensing and standards committee, will offer recommendations on how to improve the industry.

Police were unable to provide the number of tickets they've given to taxi drivers.

Const. Wendy Drummond said police don't intentionally target cabbies when handing out tickets. While "there are definitely some people who do receive multiple tickets for a number of different infractions," she suggested situations where drivers receive 10 tickets at a time are rare and isolated.

But taxi driver and Billy Bishop Toronto Drivers' Society spokesperson Adex Adegibite says ticketing practices have made the relationship with cab drivers confrontational instead of co-operative.

Adegibite says serial ticketing is a problem at Billy Bishop Toronto City Airport's passenger-transfer facility because there isn't enough space for drivers. It's one of the group's main issues, and he plans to attend Tuesday's meeting to discuss it. TORSTAR NEWS SERVICE

Start sharing

Are taxi drivers being treated unfairly?

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Online. Let us know what you think: @metrotoronto

ROSIE OUTLOOK

Canadian Olympic gold medallist Rosie MacLennan holds up her medal for the cameras as she arrives at Pearson airport in Toronto on Monday. The trampolinist said her Olympic success has brought a lot of attention to her sport. "Now everybody knows my name," MacLennan said. To see more of the reception athletes are getting back here at home, see pages 30-31. J.P. MOCZULSKI/THE CANADIAN PRESS

'Dog Caller' texts when it gets too hot

An ad agency has invented a dog collar that sends a text to the owner's cellphone if temperatures get too hot. It's all part of a movement to stop heat-related pet deaths PAGE 3

Fidel Castro a no-show on his birthday

Cuba marked Castro's 86th birthday with congratulatory messages in state media, but the retired revolutionary made no public appearances as the status of his health remains a secret PAGE 7

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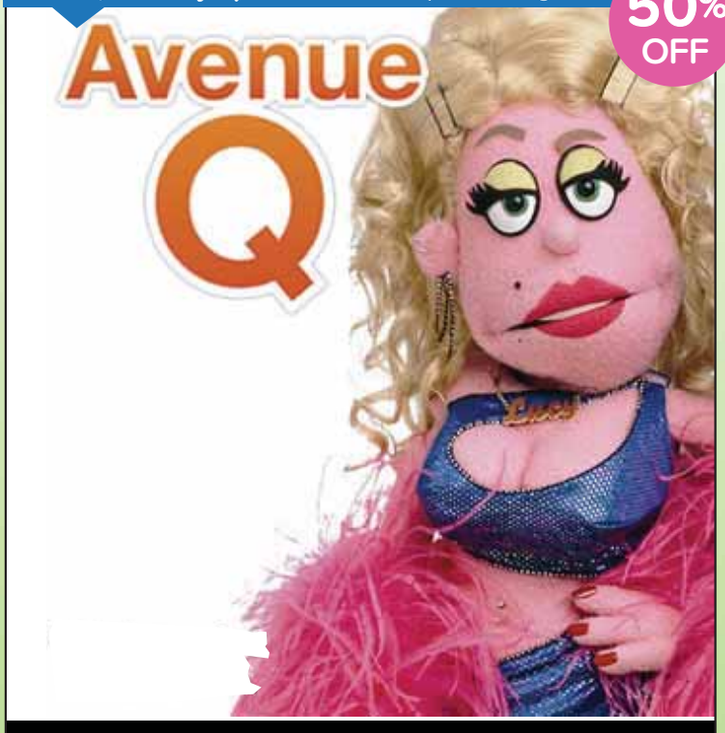

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Political pressure

eHealth CEO returns bonus

The man in charge of eHealth Ontario is returning a hefty bonus after coming under fire from opposition parties. Greg Reed declined his $81,250 bonus for 2011-12, which was part of his contract. The bonus was approved by the eHealth board on June 1 and the payment made June 15, an eHealth spokesman said. Both the Progressive Conservatives and New Democrats demanded that it be cancelled, noting that public-sector workers are being asked to take a two-year wage freeze and managers should lead by example. THE CANADIAN PRESS

A matter of choice

Island food monopoly to end?

Toronto island visitors could be offered more food choices next summer. For 10 years, William Beasley Enterprises has had "a monopoly" to sell all food and drink within the island, said Steve Fry, president of Friends of the Toronto Islands. The contract is up for renewal, and the city wants to remove Olympic island from the deal so other groups can offer food, Fry said. A request for proposals is expected to be issued soon. TORSTAR NEWS SERVICE

Pop-up store

One Direction for boy-band booty

Fans of British boy band One Direction take note: A pop-up store opening in Toronto will sell limited-edition items such as posters, calendars and T-shirts. The 1D World store opens on Aug. 18. at 680 Yonge St. and closes Sept. 2. TORSTAR NEWS SERVICE

Celebrate Yonge. Street fest aims to revitalize Toronto's main drag

Friday marks the start of Celebrate Yonge, a month-long street festival that will see pedestrian walkways widen from Queen to Gerrard streets, making room for patios, picnic seating and artisans practising their craft.

Already, freshly laid temporary lane markings have narrowed traffic to one lane in each direction — the way Yonge Street will look until Sept. 16. Other elements of the fair will pop up overnight as the opening day of Celebrate Yonge approaches, including the custom-designed flower planters that will separate pedestrian areas from cars.

Planners, merchants and city councillors are looking for ways to transform the aging, grimy Yonge Street into a community hub worthy of its status as Toronto's main thoroughfare.

The Downtown Yonge Business Improvement Area will be tracking pedestrian volumes, retail sales and vehicle use over the next month. TORSTAR NEWS SERVICE

Thinking Yonge

"This is just the beginning of a whole new Yonge Street."

Coun. Kristyn Wong-Tam, who hopes the summer event is a chance to reimagine the streetscape

Cruisin' for a bruisin'. Downtown pub crawl is just plain bananas

Maybe it's a symbol of the extra layer we all carry, or an exhortation to find the ripeness of life. Or maybe it's just about getting drunk in a banana costume.

On Aug. 25, revellers in pointy yellow dress will gather en masse for the Banana Bar Crawl. The idea originated in 2009, when Rob DenBleyker of Dallas, Texas, bought a banana costume on sale and invited his friends out partying. The next year about 100 people showed up, and then 200 the year after.

DenBleyker, 26, the creator of the comic book Cyanide & Happiness, will be in Toronto this month at the video gaming/comic/anime Fan Expo at the Metro Toronto Convention Centre, which runs from Aug. 23 to 26.

Going bananas in Dallas. CONTRIBUTED

He and his friends decided to export the bananas north to "see if we could pull it off in Toronto as well."

The Toronto version starts at the Duke of Richmond at 20 Queen St. W. between 8 and 9 p.m. and then moves on to bars unknown. TORSTAR NEWS SERVICE

'Dog Caller' warns you if your pet gets too hot

High-tech collar. Prototype to go on sale next year texts your cellphone when temperatures soar

When Aaron Starkman stopped to get a camping stove on a trip near Penetanguishene, Ont., he left his golden retriever, Hefty, in the car. He figured he'd be only two minutes.

But when he emerged after a 20-minute-long lineup, it was sunny and Hefty was struggling in the heat. The close call stuck with Starkman.

"I almost was one of those awful people you read about," he said. "Nobody knows it's just a matter of minutes."

Horrified by this summer's news of dogs dying of heat exhaustion when left in cars, Starkman and a team at his ad agency, Rethink, invented a dog collar that texts your cellphone when the temperature is too hot for a pooch to handle.

Made of a SIM card, a thermistor, a few LEDs and a coded chip, the "Dog Caller" monitors the temperature and alerts owners when it passes a 26 C tipping point — before it's too late for their pets.

The collar is still in the prototype phase, but Rethink plans to market it and sell it for about $20 sometime next year. And by no means is it meant to encourage people to leave their dogs in a car — "We never ever under any circumstance want anyone leaving a dog in a car," Starkman said — but "if the collar does end up saving a dog in a car, we'll obviously be thrilled in that result." TORSTAR NEWS SERVICE

The "Dog Caller" sends you a text if your dog gets overheated. Still in the prototype phase, it will sell for about $20. TORSTAR NEWS SERVICE

1 NEWS

On the web

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Brampton ordered to reveal details of downtown project

Decision. Watchdog says city must offer clarification after resident appeals to province's information and privacy commission

Ontario's freedom of information watchdog has ordered the City of Brampton to release key details about one of the largest projects in the city's history.

The decision compels the city to clarify calculations of the square footage of the downtown redevelopment plan and the cost per square foot, which it had kept secret from taxpayers.

Councillors are now wondering if the 6-5 vote to move forward with the project last August might need to be turned around if the information reveals Brampton taxpayers aren't getting a good deal.

Councillors and residents have tried unsuccessfully for more than a year to learn more about the pricing of the winning bid by Dominus Construction, which could cost taxpayers more than half a billion dollars for all three phases. Only the first phase was approved by council last August, at a construction cost of $94 million for a nine-storey building, parking and a two-storey expansion of city hall.

TORSTAR NEWS SERVICE

City's concerns dismissed

In her decision, dated July 31, adjudicator Cathy Hamilton writes: "In my view, the city has provided speculative, unsupported assertions of economic and financial harms in the event the information in the record is disclosed. The suggestion that disclosure will place a chill over (bidders) when they consider participating in future (bids) and that future bids will be higher as a result of disclosure is self-serving" and unsubstantiated, she concludes.

- The city has been ordered to release the information between Aug. 31 and Sept. 6.

Puck drops on new athletic centre at old Gardens

Prime Minister Stephen Harper stands at the podium as he addresses guests at Ryerson University's Mattamy Athletic Centre Monday. The Prime Minister was joined by Finance Minister Jim Flaherty as the ice at the former Maple Leaf Gardens was illuminated for the first time. The Mattamy Athletics Centre, on the upper levels of the former home of the Toronto Maple Leafs, is the new home of the Ryerson Rams. CHRIS YOUNG/THE CANADIAN PRESS

Provincial first

Oakville passes teen tanning ban

It's being hailed as a victory in the fight against skin cancer. Oakville has become the first municipality in Ontario to ban those under 18 from using tanning beds, following a unanimous vote at town council Monday evening.

"We're not banning tanning beds. We're just saying that kids, the most at risk, can't use tanning beds," said councillor Pam Damoff.

TORSTAR NEWS SERVICE

U.S. murder. International fugitive arrested in Toronto

Toronto police say a drunk driving investigation led to the arrest of an international fugitive wanted in a gruesome Philadelphia murder more than a decade ago.

Police say 35-year-old Kai-Guo Huang was originally arrested Aug. 7 in the city's northeast and charged with driving over the legal blood-alcohol limit. He was released on a promise to appear in court.

Police say Huang gave them a false name, identifying himself as Yu Chen.

Officers later discovered his true identity and learned he was wanted in Philadelphia on charges of murder, conspiracy, possession of an instrument of crime and abuse of a corpse.

The charges stem from the 1998 slaying and dismemberment of a man.

Huang was arrested a second time on Friday and is being held for possible extradition.

THE CANADIAN PRESS

Norway. Commission criticizes police response to bomb, gun massacre

Norwegian authorities could have prevented or interrupted the bomb and gun attacks by a far-right terrorist who killed 77 people last year, a government-appointed commission said Monday.

The long-awaited report into the July 22, 2011, attacks also said the domestic intelligence service could have done more to track down the gunman, but stopped short of saying it could have stopped him.

Anders Behring Breivik

Anders Behring Breivik, 33, has admitted to the bombing of the government's headquarters in Oslo, which killed eight people, and the subsequent shooting spree at a youth camp that left 69 dead, more than half of them teenagers. He is currently awaiting sentencing.

While noting that the attacks "may be the most shocking and incomprehensible acts ever experienced in Norway," the 500-page report said the bombing "could have been prevented" if already-adopted security measures had been implemented more effectively.

Quoted

"Sadly ... after repeated school massacres in other countries, an armed desperado who shoots adolescents is indeed conceivable — also in Norway."

Excerpt from a report into the Norwegian bombing and shooting

Breivik was able to park a van with a fertilizer bomb just outside a high-rise before he drove another car to the youth camp on Utoya, unhindered.

The police response was slowed down by a series of blunders, including flaws in communication systems and the breakdown of an overloaded boat carrying a police anti-terror unit. Meanwhile, Norway's only police helicopter was left unused, its crew on vacation. Breivik's shooting spree lasted for more than one hour before he surrendered to police.

The report said that a faster police response could have stopped Breivik's shooting spree earlier, but recognized that "hardly anyone could have imagined" the attack on Utoya.

THE ASSOCIATED PRESS

Security

Man strolls across airport tarmac

A New York City man breached Kennedy International Airport's security system by walking undetected through two runways and into a terminal after becoming stranded in a nearby bay. The 31-year-old swam to shore and then walked past motion sensors and closed-circuit cameras, part of the airport's state-of-the-art system. THE ASSOCIATED PRESS

Vatican scandal

Pope's butler to stand trial

A Vatican judge on Monday ordered the Pope's butler and a fellow lay employee to stand trial for the alleged pilfering of documents from Pope Benedict XVI's private apartment. The indictment accused Paolo Gabriele of grand theft — a charge that could bring up to six years in jail, although the Pope could pardon his once-trusted aide. THE ASSOCIATED PRESS

Police officers gather at the site of a shooting near Texas A&M University on Monday. Police say one law-enforcement officer and one civilian were killed in the shootout. The gunman also was shot before being taken into custody. He later died. DAVE MCDERMAND/BRYAN-COLLEGE STATION EAGLE/THE ASSOCIATED PRESS

Cop among 3 dead after Texas shooting

Four more injured. Gunman, other man also killed during incident near university campus

A Texas law enforcement officer attacked as he brought an eviction notice to a house Monday was among three people, including a shooter inside the home, killed Monday near a Texas university.

A 65-year-old man also died, while three other law enforcement officers and a 55-year-old woman were wounded, in the shootings at an off-campus home not far from the Texas A&M University's football stadium, College Station Assistant Police Chief Scott McCollum said.

Brazos County Constable Brian Bachmann had gone to a home with an eviction notice just after 12 p.m., McCollum said. A man in his mid-30s who lived there opened fire from inside, he said.

Officers responding to calls describing an officer down saw Bachmann wounded on the ground in the front yard, then got into what McCollum described as an extended shootout with the gunman, who eventually was shot.

Both Bachmann and the gunman were later pronounced dead at a hospital. Officials did not say where the other man who died was shot or why he, or the woman who was wounded, was at the home.

Bachmann worked more than 19 years in law enforcement.

THE ASSOCIATED PRESS

Quoted

"It appeared to be fairly quiet. It didn't appear to be a lot of people out and about at that particular time."

Texas A&M spokeswoman Sherylon Carroll, speaking on the fact most students were not on campus on Monday

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Iranian earthquake death toll hits 300

Disaster. More than 3,000 injured in twin earthquakes that struck northwestern Iran two days ago

Two boys retrieve their belongings from the ruins of their house following Saturday's earthquake in northwestern Iran. ALI HAMED HAGHDOUST/THE ASSOCIATED PRESS

Iran raised its earthquake death toll to 306 on Monday, a day after rescuers called off the search for survivors from the rubble of their homes in the country's northwest, state media reported.

Health Minister Marzieh Vahid Dastjerdi told a session of parliament that the number jumped by about 50 after victims died in the hospital. More than 3,000 people were injured in the twin earthquakes that struck two days ago, she added in comments broadcast on state radio.

In one hamlet visited by AP Television News near the village of Bajeh Baj, 20 kilometres west of one of the epicentres, furniture peeked out from under piles of bricks and collapsed roof timbers while men sorted through debris, trying to salvage what little was left of their households.

Residents say the earthquake killed 35 people living in the simple dwellings surrounded by mountains. Dried earth was left split wide open from the force of the shock, which cut some houses in two and left the wall of one standing only where it was propped up by a refrigerator.

The death toll included some 219 women and children, Dastjerdi said, adding that around 2,000 injured people had been released from hospitals soon after the quake since they had only minor injuries.

Dastjerdi said her ministry has deployed scores of ambulances and medics to the region but still needs helicopters to transfer seriously injured people quickly.

Authorities say old, heavy roofs without frames were largely responsible for the death toll in the rural areas.

Scores of aftershocks have coursed through the region since the 6.4- and 6.3-magnitude quakes hit the area, home to some 300,000 people in a 6,000-kilometre borderland near Azerbaijan and Armenia. THE ASSOCIATED PRESS

A glimpse into the past

A historical picture of construction work on the Berlin Wall is seen in the background as a man looks through a slot in a segment of the wall at the Berlin Wall Memorial on Monday. Germany was marking the 51st anniversary of the day communist East Germany sealed itself off behind the wall. GERO BRELOER/THE ASSOCIATED PRESS

Risky hospital beds

Three deaths spark warning from Health Canada

Health Canada is warning hospitals and other health-care facilities about the risk of entrapment of patients in hospital beds after three people died and several were injured. In a notice to hospitals issued Monday, the health agency says 12 incidents have been reported of patients becoming trapped in hospital beds since 2009, including three deaths. THE CANADIAN PRESS

Guatemalan lawsuit

Research victims appeal decision

Guatemalans who had been subjected to sexually transmitted diseases by U.S. researchers in the 1940s have appealed a judge's dismissal of their lawsuit. A U.S. District judge dismissed the suit two months ago. He ruled that federal law bars claims against the U.S. based on injuries suffered abroad. The victims filed an appeal Monday with the U.S. Court of Appeals in Washington. THE ASSOCIATED PRESS

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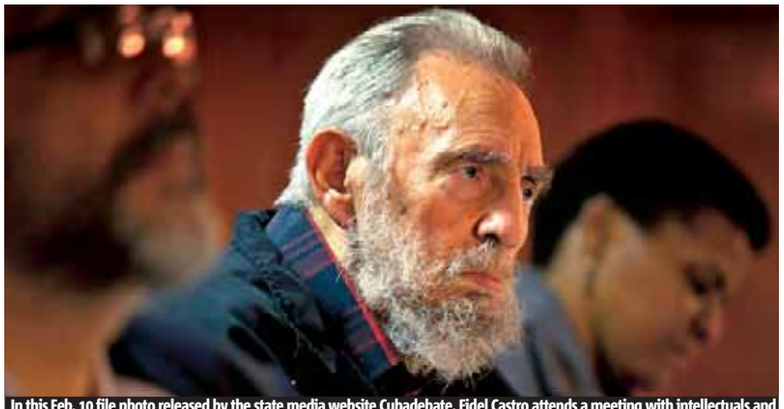

In this Feb. 10 file photo released by the state media website Cubadebate, Fidel Castro attends a meeting with intellectuals and writers at the International Book Fair in Havana, Cuba. Castro turned 86 on Monday. ROBERTO CHILE/CUBADEBATE/THE ASSOCIATED PRESS

Castro marks 86th birthday out of sight

Cuba. He left presidency permanently in 2008 to his younger brother Raul

Cuba celebrated Fidel Castro's 86th birthday on Monday with congratulatory messages in state media but no appearance by the retired leader, who has faded from public view.

Communist Party newspaper Granma published memories of Castro from people familiar with him such as Cuban journalists and cohorts from the 1959 revolution. Government-run websites carried essays on his life and best wishes from presidents Evo Morales of Bolivia and Daniel Ortega of Nicaragua.

The milestone was yet another reminder of both the Cuban leader's longevity and his inevitable mortality. He survived in power for nearly 50 years despite numerous attempts on his life and periodic rumours of his passing.

Castro last appeared in photos and video in March, looking jovial but thin and pale as he and companion Dalia Soto del Valle greeted a visiting Pope Benedict XVI.

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South Africa. Two police officers among 9 killed in platinum-mine violence

Ongoing violent protests at a platinum mine in South Africa have killed at least nine people, as authorities struggled to control a massive crowd that at one point overpowered officers and stole their weapons, police said Monday.

The protests focused on a Lonmin PLC mine operation near Marikana, a town about 70 kilometres northwest of Johannesburg. Two police officers were killed during violent protests Monday, while another remains in critical condition. Officers opened fire on the crowd, killing at least three people.

Protests began Friday when workers walked off the job over a wage dispute. Four miners attempting to go to work were injured by a rival mine union. Angry protesters returned to the mine on Sunday, killing two security guards by setting their car on fire, authorities said. Another two miners died Monday in other attacks, police and company officials said.

The fighting intensified Monday as part of a larger struggle between the National Union of Mineworkers and the Association of Mineworkers and Construction Union. National Union of Mineworkers spokesman Lesiba Seshoka said the fighting had shut down Lonmin's operation near Marikana.

THE ASSOCIATED PRESS

Mining woes

The restive labour force is among the many challenges facing the mining industry in South Africa.

- **The industry has been weakened by decades of under-investment.** A debate over nationalization and other policy questions have created uncertainty that has spooked potential investors. Still, South Africa remains a major producer of platinum, coal and gold.
- **London-based Lonmin is the world's third largest platinum producer.** The company says 96 per cent of all of its production comes from its Marikana operations.

Police won't bend for yoga guru's protest

Indian yoga guru Baba Ramdev waves out of the window of a bus after he and thousands of his supporters were detained for several hours by Indian police in New Delhi on Monday after they tried to march to India's parliament to intensify an anti-corruption protest and press for a change of government. Ramdev has been fasting to demand a robust ombudsman law to keep checks on government, a strong and independent Central Bureau of Investigation and efforts to act against tax evasion and illegal money sent to banks abroad. However, support for Ramdev's protest has been dwindling. About 10,000 people showed up Monday, less than half the number at the start of the protest four days ago. Critics have accused Ramdev of amassing a fortune in donations and not paying taxes. Ramdev denies all allegations. SAURABH DAS/THE ASSOCIATED PRESS

Refloating cruise ship

Costa Concordia towing delayed

Italian government officials say the capsized Costa Concordia cruise ship will not be moved from its resting place off Italy's Tuscan coast as quickly as planned. They said the Concordia should be set upright and able to float again by the end of spring 2013, ahead of Giglio's next tourist season. Salvage experts in May had predicted towing could start in early 2013.

THE ASSOCIATED PRESS

Greece arson attack

Far-right group's office set ablaze

Arsonists firebombed an Athens office of Golden Dawn, a far-right, anti-immigrant party, a day after the suspected racist murder of an Iraqi man in the Greek capital. The party's ascendance has been coupled with growing reports of attacks on immigrants. It won 18 seats in parliament by running on an anti-immigration, nationalist platform.

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New York Air + 3 Nights $703
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INCLUDES accom on the Strip. Departs Sep 9/swg/wg.

Las Vegas Air + 4 Nights 5-Star $584
Paris — incl $439 base + $145 taxes & fees
INCLUDES accom on the Strip. Departs Sep 9/wsv/ws.

Canada

Niagara Falls Family Special, 2 Nights $59◊
Ramada Niagara Falls — taxes & fees included
INCLUDES accom near Falls Avenue. Price per person based on family of 4. Travel Sep 3, 10, 17/ggv. ADD *Maid of the Mist* for $21. BOOK this package based on double occupancy for $129.

Blue Mountain Family Special 2 Nights $88◊
Blue Mountain Inn — taxes & fees included
INCLUDES accom in the Village. Price per person based on family of 4. Travel Aug 27, Sep 3, 10/ggv. ADD gondola ride for $27. BOOK this package based on double occupancy for $176.

Haliburton Family Special 2 Nights 4-Star $99◊
Pinestone Resort — taxes & fees included
INCLUDES accom in the Haliburton Highlands. Price per person based on family of 4. Travel Aug 27, Sep 3, 10/ggv. BOOK this package based on double occupancy for $205.

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Tourism slumped during Olympics: U.K. trade body

Workmen take down an Olympic flag near Buckingham Palace in London on Monday following the closing ceremony of the 2012 Summer Games.
ALASTAIR GRANT/THE ASSOCIATED PRESS

Disappointing numbers. 88 per cent of British tourism-oriented businesses reported losses versus last year

The Olympics brought less tourist money to recession-hit Britain than officials expected, a trade group said Monday, with a majority of tourist businesses reporting losses from last year.

A survey of more than 250 tour operators, hoteliers and visitor attractions found that tourist traffic fell all over Britain, not just London, said UKinbound, a leading trade association representing British tour operators, shops and hotels.

"As an industry we knew the Games would have a negative impact on international visitor numbers to London but the impact on the rest of the U.K., combined with domestic visitors staying away, has been deeply disappointing," said Rita Beckwith, chief executive of London's City Cruises, a member of UKinbound.

Officials are still tallying up the total number of tourists who came to — or avoided — London this summer.

The capital normally sees about 1.5 million tourists on average in August.

Tourism officials say that international Olympics visitors to London, including athletes, officials and tourists, totalled about 300,000. Domestic spectators from Britain made up the majority of people visiting Games venues.

THE ASSOCIATED PRESS

Tame tourists

"The people who came to the Games really didn't do very much sightseeing, didn't do very much shopping, didn't do very much eating out."

Miles Quest, a spokesman for the British Hospitality Association

Job losses. Google cutting 4,000 at Motorola Mobility

Google is cutting about 4,000 jobs at its Motorola Mobility cellphone business and will close or consolidate about one-third of its 90 locations.

The reductions represent about 20 per cent of Motorola Mobility's 20,000 employees, and seven per cent of Google's overall workforce. Two-thirds of the job cuts will take place outside the U.S., Google said.

The job eliminations come three months after Google bought the once-dominant U.S. cellphone maker for $12.5 billion US, chiefly with a view to using its large patent portfolio to bolster its legal defences.

The cellphone pioneer has been struggling for years. It hadn't produced a mass-market hit since it introduced the Razr cellphone in 2005 and its market share has plummeted.

Before the acquisition, Motorola had been trying to turn itself around by focusing on smartphones, and the cuts announced Monday will shift that goal even further. In the first quarter, Motorola sold 5.1 million smartphones and 3.7 million "dumb" phones.

THE ASSOCIATED PRESS

Poll

Canadians lacking emergency cash

A new poll for one of Canada's big banks says 45 per cent of those surveyed had no fund set up to deal with emergency expenses.

The poll of about 2,000 Canadians was conducted in March and April for CIBC by Harris/Decima. Ontario and Alberta residents were the least likely to say they had an emergency fund set up — 53 per cent of respondents in each province.

THE CANADIAN PRESS

Canadian facilities

Automakers must invest: Union

The big U.S. automakers need to invest in their Canadian facilities as a means of boosting job security, the Canadian Auto Workers union said Monday as it geared up for contract talks slated to begin this week.

Union president Ken Lewenza says boosting the technology at the automakers' facilities would increase productivity, improve profits and make workers' jobs more secure.

THE CANADIAN PRESS

Market Minute

DOLLAR 100.76¢ (-0.15¢)

TSX 11,838.83 (-52.56)

OIL $92.73 US (-14¢)

GOLD $1,612.60 US ($-10.20)

Natural gas: $2.73 (-4¢)
Dow Jones: 13,169.43 (-38.52)

Kitchener-Waterloo

RIM, Ontario, universities to help laid off workers

The Ontario government is teaming up with Research In Motion Ltd. to help laid-off workers in the city where the company, which is working through a restructuring that includes slashing jobs, is based.

Communitech, which lobbies on behalf of tech companies in the region, as well as the University of Waterloo and Wilfrid Laurier University, will also be involved in the plan to help laid-off workers.

THE CANADIAN PRESS

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WHEN YOU BECOME YOUR PARTNER'S PARENT

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Every time I embark on a couple's getaway with my significant other, I am expected to be the keeper of our passports and all other important documents. I don't know why this happens, but I do know that it's the cause of many departure-lounge arguments.

"It's easier because you have a purse," my boyfriend tells me. It's easier for him, is what he really means.

Part of me wants to insist he be more self-reliant and discourage his child-like dependence on me. The other part of me doesn't really care that much about something so trivial. I always wind up carrying everything in the end because, well, it *is* easier and I am also legitimately afraid that he would lose his passport.

It's a small thing to argue over, but it's indicative of a much bigger problem. In relationships, and I know I'm not alone in this, women often find themselves in an awkward position of feeling a bit more like a mother than a lover.

Working in tandem

"A healthy couple functions as a team, with both pitching in. When that fails to happen, the nagging mother appears and both partners suffer."

Sara Dimerman and J.M. Kearns, authors of How Can I Be Your Lover When I'm Too Busy Being Your Mother?

Sure, the desire to nurture and protect is instinctual and, to a certain degree, unavoidable. But it can be hard to know when to draw the line between being supportive and turning into a Pseudo-Mom.

In their new book How Can I Be Your Lover When I'm Too Busy Being Your Mother? therapist Sara Dimerman and bestselling author J.M. Kearns tackle the issues that arise when a loving partnership turns into a parent-child relationship.

According to the authors, "a healthy couple functions as a team, with both pitching in. When that fails to happen, the nagging mother appears and both partners suffer."

When it comes to my own relationship, I have to wonder if I'm enabling my boyfriend's Peter Pan syndrome every time I tidy up after him or do his laundry or remind him about his upcoming doctor's appointment. I'm trying to be a caring and loving partner, but sometimes I catch myself nagging and shudder at the Mom-isms that come out of my mouth.

Dimerman and Kearns suggest that sometimes, "a man who actually wants to do more around the house is 'fended off' by his wife when she does things like criticizing his work, redoing his tasks and setting too-high standards."

No matter who's at fault, spouses need to be equals. So when you're doing more than your fair share when it comes to domestic tasks and other responsibilities, you run the risk of losing respect for one another and jeopardizing your relationship.

Follow Jessica Napier on Twitter @MetroSheSays

I wanna hold your hand — but I don't wanna be your momma.

DAN KITWOOD/GETTY IMAGES FILE

My, what sharp teeth you have

PETE OXFORD/MINDEN PICTURES/SOLENT

Wildlife greeting

Tooth exam is monkey business

This cheeky monkey seems to play dentist as he peers down into the jaws of a dog who looks more than happy to be the patient. Photographer Pete Oxford captured the amusing scene at the coastal resort of Ecuador's Puerto Misahualli, which is renowned for its large population of the diminutive capuchins.

MWN

Photographer's view

"Showing off your teeth in such a manner is the best way of displaying mutual trust."

Pete Oxford, a wildlife photographer based in Ecuador. The British-born Oxford explained to Metro the playful behaviour of "showing off your best weaponry" — i.e. sharp teeth —signals mutual trust between the two creatures.

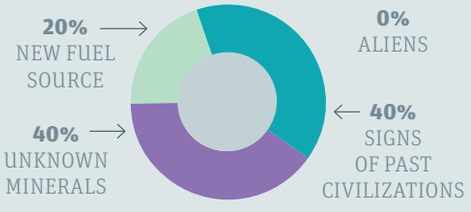
Oxford on encounter

- **Primate primp.** "The monkey appeared to be grooming the dog, both were comfortable with each other and seemed to enjoy the interaction."
- **Not wild at heart.** "People have difficulty believing that these are indeed free, roaming wild monkeys."
- **Chums.** "These two seemed to be best of friends, allowing lots of liberties between them."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What are you most hoping the Curiosity rover finds on Mars?



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Police closure on the Gardiner leaving the city makes perfect sense to get PM Harper to the airport during rush hour #fail #toronto

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ONTARIO SUMMER GAMES IN 3 DAYS #unreal

@JPearl31
What an awesome day! Ryerson opened its new home Mattamy Athletic Centre.Truly lucky to be working for @ryersonrams this summer! #Ramily

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SCENE 2

DVD reviews

The Raid: Redemption

Director. Gareth Evans

Stars. Iko Uwais, Ananda George, Ray Sahetapy

●●●●○

Here's the action arithmetic of The Raid: Redemption: one ruthless crime lord, 20 elite cops, 30 floors of hell. Combining a strong protagonist and story with traditional Indonesian martial arts (silat) moves, Welsh writer/director Gareth Evans creates an exhilarating experience that rightly won the Midnight Madness award at TIFF 2011. But this is brutal stuff, with a body count that is high even by genre standards. Iko Uwais is Rama, a rookie in a 20-member SWAT team charged with cleaning a highrise of Jakarta drug lord Tama (Ray Sahetapy) and his legion of thugs. The baddies have been flouting the law to an extent that requires a response — even in a city where cops habitually look the other way for fear and profit. Closed-circuit cameras, a weapons arsenal and a psychopathic enforcer called Mad Dog (Yayan Ruhian) are just some of the tools Tama has at his ruthless disposal.

PETER HOWELL

Jaws

Director. Steven Spielberg

Stars. Roy Scheider, Robert Shaw, Richard Dreyfuss

●●●●●

Steven Spielberg's rubber shark Bruce still has bite, 37 years after Jaws first made a summer swim terrifying. The opening scenes where the shark is prowling the waters off beach haven Amity Island give us the predator's lethal point of view, set to the ominous two-note "ba-dum, ba-dum" score by John Williams, now instantly familiar. You see the water moving, you see the terror on swimmer Chrissie's face, you hear the ominous tolling of a nearby bell buoy. You feel fear right through your bones. Digitally spruced up for Blu-Ray, part of Universal's 100th anniversary celebrations, Jaws returns with its teeth intact and newly buffed.

PETER HOWELL

On the web

Changes set for NBC's The Voice this season, including new 'knockout' punch and 'steal'

The Odd Life of Timothy Green opens on Wednesday. HANDOUT

Great things sprout from mere dreams

Growing whimsy. The Odd Life of Timothy Green's director struggled to balance reality and fantasy in film

RICHARD CROUSE
scene@metronews.ca

The Odd Life of Timothy Green comes by its mix of whimsy and realism honestly.

It was born from a dream. Sort of.

"I'd been dreaming that I was directing something and it was going well," says director Peter Hedges. "I had sat up in bed and told my wife I wanted to make one of those movies like A Field of Dreams or It's a Wonderful Life. She said, 'Great, go back to bed.' But I couldn't. 'What's the matter?' she said. 'I don't really come up with those kinds of ideas.'

That could have been the end of it, but as luck would have it he met with Ahmet Zappa, who had a loose idea about a childless couple who bury slips of paper with all the qualities they would like their child to have in the garden. After a heavy rain a young boy with five leaves on each ankle emerges.

Suddenly his whimsical dream was looking much more like reality.

"There was just a myriad of possibilities," the director continues.

"I started telling stories from my own experience as a parent, as a child, as an adult. All that I'd learned in the 15 years I'd been a dad. The meeting got very emotional. I didn't really want to write off of anyone else's notion but this was too delicious. It felt like if I took on its magic and married it with my experience and my deep need to explore, in a new way, the issues of family and love and how we treat each other and how we navigate this broken world… if I could put all that together, maybe I could come close to making the kind of film that I was dreaming about."

Finding a balance between realism and fantasy, however, was harder than he imagined. A table read of his initial script revealed some problems.

"About halfway through the reading fell apart," he says.

"Suddenly I found myself falling asleep and the room got very grim. What I realized was that while the ultimate journey was right, the middle of the movie was in deep trouble. I had more whimsy and less meaning."

A rewrite led to finding the right balance.

"With a film like this you take a bit of a leap," he says. "I think that is the enchanting part of cinema. "That's why we go to the movies."

Interview

Edgerton finds his soft side

Joel Edgerton talks about his latest film, The Odd Life of Timothy Green.

North American audiences are still getting familiar with you and this is a different kind of role for you. How has it been?

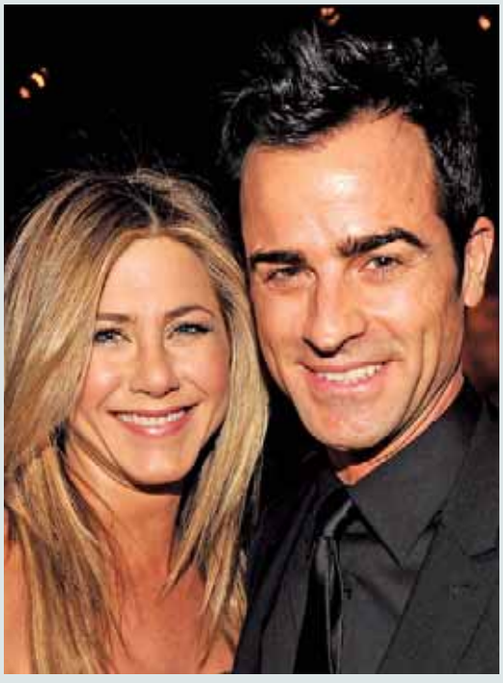
It's almost easier, in a way. Playing a role like Jim is kind of almost closer to me than Warrior is. You either have the same experiences, family-wise, that your character does or you have to alter them in some way or invent them. And I related to a lot of this character. What I do find hard is this aspect of "cool." It's easier to kind of lean on those things like violence and aggression as male emotions, but it's more interesting to look for the softer elements, you know?

NED EHRBAR, MWN

The Word

He put a ring on it: Aniston's on her way down the aisle

THE WORD
scene@metronews.ca



After more than a year of dating, Jennifer Aniston and Justin Theroux are engaged to be married, Theroux's rep confirms to People magazine.

"Justin Theroux had an amazing birthday on Friday, receiving an extraordinary gift when his girlfriend, Jennifer Aniston, accepted his proposal of marriage," his rep says.

Theroux, 41, and Aniston, 43, have known each other for years, but started dating more than a year ago after working on the comedy Wanderlust. Though that film disappeared quickly from movie theatres after its release earlier this year, the relationship clearly proved to have more staying power.

The two moved in together and tabloids soon began predicting everything from marriage to babies for the new couple. This will be Theroux's first marriage. It's not clear if a wedding date for the couple had been set. Aniston's engagement comes four months after Pitt and Jolie announced their engagement.

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Vanessa Paradis ALL PHOTOS GETTY IMAGES

Too personal, too public: Paradis struggles with prying questions

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While Vanessa Paradis is out promoting her new movie, Cornouaille, she can't seem to dodge questions from the press about her recent split from longtime partner Johnny Depp.

"I don't want to talk about him.

Who said that artists should sell their soul, expose everything about themselves?" Paradis asks in an interview with French Elle.

"It's my duty to promote this movie and my albums, but you can imagine what it feels like to see people making a business out of your pain."

She does offer some insight, though, into what makes relationships work — and not work:

"I hate, for example, whenever you hear someone say, 'You have to work at being a couple.' No, you have to want to be there," she says.

Tough stuff

"It's my duty to promote this movie and my albums, but you can imagine what it feels like to see people making a business out of your pain."

Vanessa Paradis

Best Health

Hop on the benefits of cycling

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

If your bike is sitting in your garage collecting dust, it might be time for a gentle refresher on why two-wheeling for fitness is so great for you. In the current issue of Best Health magazine, Matthew Kadey explores some major life benefits of cycling.

1. You'll be trim
Cycling is a great calorie burner: A 130 pound woman cycling at a moderate pace for 30 minutes will torch around 240 calories. And according to a study in the American Journal of Public Health, adults involved in active travel are less likely to be overweight.

2. It's cheap and eco-friendly
Save on gas while saving the environment. Map out a two-kilometre radius from your home in which you can do bike errands. Start by wheeling to your pharmacy or grocery store once a week, and then expand your radius for an extra challenge.

3. You'll tame stress
A 2011 Swedish study found that people who drive to work are more stressed and are in worse health than those who bike to work. Join a cycle club if you need the extra motivation to get your endorphins pumping.

For more news on how to stay properly hydrated and get the right nutrients to keep you going strong in the saddle, check out Best Health, on newsstands now.

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A recent study shows that mold can cause asthma in babies. ISTOCK PHOTOS

Babies exposed to mold more susceptible to asthma

Factors. Study shows that risk of developing breathing problems is higher for babies that come into contact with certain harmful fungi

CELIA MILNE
life@metronews.ca

Keep your baby safe from mold.

Researchers in Cincinnati recently completed a study in which they looked for triggers of childhood asthma. They found that while air conditioning, dehumidifiers, carpeting, smoke and dogs did not increase asthma rates, mold did.

"The main new finding is that we were able to show an association between mold exposure in infants and the development of asthma in children," says lead author and professor Tiina Reponen from the University of Cincinnati.

Cats reduced the risk of asthma.

Asthma is a chronic inflammation of the airways. It affects about 12.5 per cent of Canadian children.

There were 289 babies in the study, all born healthy in Kentucky and Ohio. The scientists did home visits when infants were on average eight months old.

They assessed amounts of dust, mold (which is made up of fungi) and other allergens in the home. Then, the children received a clinical exam at age seven, and were tested for asthma.

Risk of asthma was 1.8 times greater in the children who were exposed to high amounts of mold.

"The main reasons for mold growth in buildings include wet basements, flooding, roof leaks, leaks from water pipes, and condensation of indoor moisture on cold surfaces," says Reponen.

Her advice?

"Remediate any water damage promptly to avoid mold problems. This is especially important for families bringing a new baby into the home. And even more critical if there is a parental history of asthma."

The study will be published in the Journal of Allergy and Clinical Immunology.

Quote

"Remediate any water damage promptly to avoid mold problems. This is especially important for families bringing a new baby into the home."

Prof. Tiina Reponen
University of Cincinnati

LIFE 3

On the Web

Kids pick nutritional Happy Meal when no toy offered with less healthy option: study

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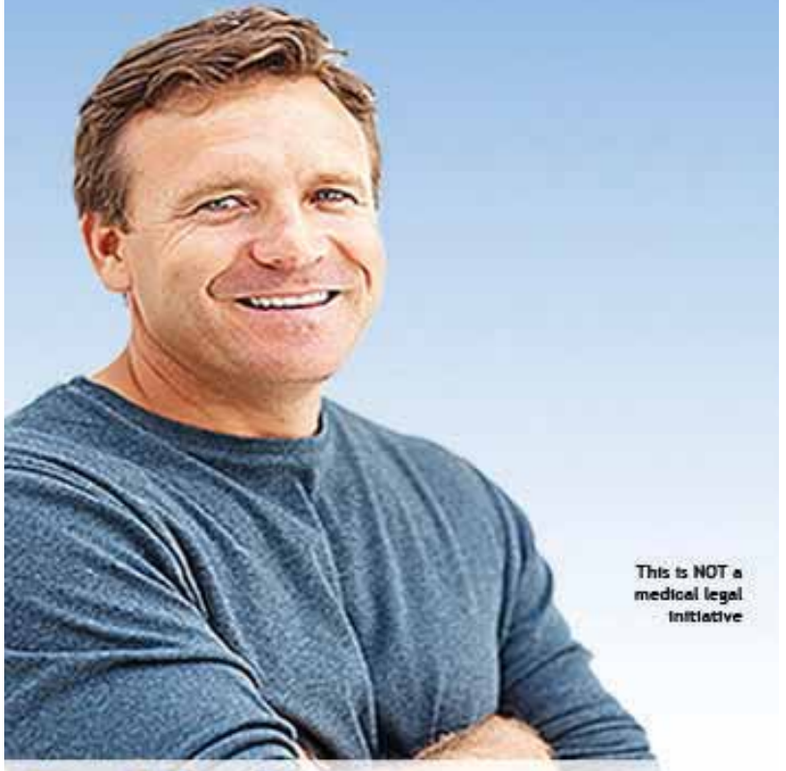

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Public pools help with summer swelter, but infections could be lurking. MICHELLE SIU/THE CANADIAN PRESS

Swimmers should beware of bacteria

Public pools. Take the proper precautions and keep things sanitized when looking to cool off with the kids for remainder of summer

While many Canadians have turned to public pools this summer to seek relief from sweltering temperatures, experts say steps can be taken to prevent pool-related maladies like athlete's foot and plantar warts, as well as gastrointestinal infections that spread through exposure to bacteria.

Responsibility for disease prevention, they say, lies both with those who maintain pools as well as with swimmers themselves.

Shelley Beaudet, a senior environmental health officer with Vancouver Coastal Health, says two of the biggest pool-related ailments are infection by cryptosporidium and pseudomonas.

Cryptosporidium is spread when those with gastrointestinal problems like diarrhea use a pool. Pseudomonas, meanwhile, is a germ commonly found in water or soil, and can cause a rash for those who swim in infected water.

Both cryptosporidium and pseudomonas are resistant to chlorine.

Beaudet says those with gastrointestinal problems should simply stay out of the pool.

And pseudomonas can best be avoided by making sure the area surrounding the pool is kept sanitized.

THE CANADIAN PRESS

Hot tubs

Those who are using hot tubs should be aware too.

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Black Olive Tahini Spread. Partner with veg

This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

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ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

Start to finish: 5 minutes

- 1 cup canned chickpeas, drained and rinsed
- 1/4 cup tahini
- 3 tbsp water
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- 1/3 cup finely diced black olives
- 2 tbsp chopped fresh basil or parsley

This spread is similar to a hummus dip, but it adds black olives. Tahini is sesame seed paste found in the ethnic section of your

1. Combine the chickpeas, tahini, water, olive oil, lemon juice, garlic and chili sauce in the bowl of a food processor. Purée until smooth.

2. Stir in the olives and garnish with basil or parsley.

Health Solutions

Best bets in booze

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

What's a party (or an afternoon on the porch for that matter) without a couple of drinks?

Hey, some studies even show that there are heart protective benefits!

As usual, though, there's a catch: Women should limit themselves to one drink per day, men can have 2. (Note: If, and only if, you can afford the calories without gaining weight.)

That means that you must pay attention to getting all of the nutrients and calories your body needs from food before adding the empty ones of booze.

So how many empty calories in your best bevvie? And how are you going to work it off?

For each drink of the following you have, you will need to walk very briskly (so you are out of breath the whole time) for:

- **1 light beer (12 oz) = 110 calories or 24 minutes**
- **1 vodka/soda (1.5 oz shot) = 125 calories or 28 minutes**
- **1 glass of wine (5 oz) = 125 calories or 28 minutes**
- **1 beer (12 oz) = 146 calories or 32 minutes**
- **1 bloody caesar (1.5 oz shot + 5 oz clamato) = 156 calories or 35 minutes**
- **1 vodka or gin/tonic (1.5 oz shot + 5 oz tonic) = 175 calories or 39 minutes**

Life is nothing more (or less) than a series of tradeoffs. You get to decide which more and what less every day. It's easy when you have all of the information.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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There are real reasons why most couples are close in age

More in common. Being of the same generation often means more shared experiences, goals and expectations

SARA DIMERMAN
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There's no exact science as to the number of years required between partners to ensure the success of a relationship. However, it appears that most prefer a two to five-year gap, with the man (in a heterosexual relationship) being older. If a woman dates a much younger man, she's often referred to as a cougar. Some might even say that her guy has a mommy complex.

So, why do the majority stay within the three-years-apart zone? Well, it stands to reason that if you're born only a few years apart, that you might have more in common. You'd both recognize the same pop icons, remember the theme songs to the same movies, be able to play "geography" if you both grew up in the same neighbourhood and hung out with the same people.

Being only a few years apart also means that if you plan on having children together, that you are more likely to share the same or similar level of energy. Let's face it, if your spouse is 12 years older than you, he may not be as playful or as energetic as you — and that applies to times when you're with the kids or frolicking without them.

And what about a shared lifestyle? If you marry a man 10 years your senior just because you want someone whose more grounded, established and financially successful, you may bore of his work hours when you're still wanting to travel the world barefoot and fancy-free. And what about building a life together? There's something to be said for growing together, setting mutual goals and reaching for them as a couple. There is something to be said for standing at the start line together as opposed to joining him half way through to the finish line.

Age gaps in relationships can cause unforeseen problems. ISTOCK

A girl of 17, for example, who decides to settle down with a 25-year-old man may not know it at the time, but by the time she's 25 and he's 33, she's likely matured, grown, even changed significantly more than her mate — potentially creating a disconnection between them.

It's obvious that my experience as a couples' therapist hasn't led me to be convinced that a significant age gap between partners is a step in the right direction. This is not to say that it can't work, just that it may not be the best predictor of success or compatibility.

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Car-sharing programs

Living carless and carefree

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

I've been living in the inner city for six weeks and have used my car a grand total of 11 times; three of which weren't entirely necessary — I was running late for meetings.

Prior to moving downtown from suburbia, I'd tossed around the expensive idea of replacing my seven-year-old Volkswagon with a one-year-old hybrid. But now that I can walk to work, appointments, the grocery store and friends houses, I'm considering the exact opposite — a vehicle-free lifestyle.

The economic case for going carless is strong — no more car payments, maintenance bills, insurance fees, traffic jams, depreciation and parking expenses.

From an environmental perspective, less fuel is burned, and fewer automotive parts are manufactured and ultimately scrapped.

But, what happens when the carless person needs a vehicle?

I had such an experience in July while I was enjoying a few days in Vancouver.

I'd flown into town and taken the Canada Line into Yale Town. On day two, when it was pouring rain outside, I needed a car to run errands. Car2Go was my solution.

Car2Go is a community car-sharing program located in major cities throughout Europe and North America. Car2Go's Smart Cars are parked throughout a city and can be rented for as little time as a few minutes, for approximately $0.35 per minute or $13 per hour, up to a few days, for approximately $65 per day.

Once a member, if you see a Car2Go on the street or locate one online, you can grab it. No reservation required. There is a small one-time sign-up fee and the per minute, hour or day utilization fee includes fuel, parking, mileage, insurance, maintenance, GPS, cleaning, 24/7 customer support and roadside assistance.

In my case, paying $0.35 per minute works out to nearly the same cost, if not less, as driving my personal vehicle when I take into account the total cost of car ownership.

ZipCar is another car-sharing service that allows you to borrow different models of vehicles for varying rates that are competitive with Car2Go.

So, if you need a truck to move furniture, ZipCar has larger vehicle models in its fleet. ZipCar's cars have to be returned to the same parking stall meanwhile Car2Go vehicles can be dropped off in most designated zones (as determined by Car2Go).

Modo is another option that allows a specific community of people to use one vehicle within a coop. Under this model you buy into a share of the vehicle for a one-time refundable fee; typically $500 per person plus pay a usage rate.

With car-sharing options now available in most major cities in Canada, going carless is easy. To see how you can save money, compare the programs in your community to the costs, and hassles, of owning your set of wheels.

More Fun and Frugal

Follow Lesley on Twitter @LesleyScorgie

Four ways to head off higher grocery costs

Alison's Money Rule.
Fight food inflation with leftovers, planning, coupons and bulk buying

YOUR MONEY
Alison Griffiths
money@metronews.ca

Bad news! You're about to about to spend up to $2,000 more between now and the end of 2013. Initial projections have food costs rising 5.5 to 7.5 per cent, thanks to the North American-wide drought.

According to the Alberta provincial Ministry of Agriculture and Rural Development, a family of four averages $800 monthly in basic grocery spending. The increase will add from $704 to $960 to the grocery budget over the next 16 months.

This amount doesn't include extras like condiments nor does it account for takeout or restaurant meals. Add those in and families will be paying at least $125 more monthly.

Don't despair. Here are 4 ways to laugh at food inflation.

1 Utilize leftovers
Let your fridge dictate what the meal will be. For instance, if you have half a pork roast and assorted veggies, stir fry the lot, cook up a pot of rice as a side dish and spice to taste. Nutritious, tasty and fast! Keep track with a leftover log on the side of the fridge.

2 Plan
Plan meals in advance to avoid last minute grabs or takeout, which are expensive and often unhealthy. A menu plan makes it easier to shop for an entire period and integrate leftovers into the menu.

3 Clip
If you forget to clip or print coupons from the web, check customer service in the store. Clipping or surfing for coupons is also a great way to involve young kids in shopping. Canadianfreestuff.com does a lot of the work for you with lists of printable and mailed coupons.

Drought in North America is causing grocery costs to rise. ISTOCK IMAGES

4 Buy in bulk
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Back to school means back to a suitable sleep-pattern routine

Re-establishing a routine. There are methods to retain normality after camps, summer vacations play havoc with your children's bedtimes

When her 12-year-old son returned from overnight camp earlier this summer, Ariana Birnbaum didn't wait long to re-establish his sleep schedule.

After three weeks away from home — where he hit the hay at least two hours later each night — Birnbaum was keen to bring Mason back in line with his regular sleep pattern.

Hours after Mason's lunchtime arrival from camp, the pair sat down and decided on a plan: he would head to bed 15 minutes earlier each night until he returned to his regular bedtime.

"It worked out well and I don't think he feels like all of a sudden he went to bed two hours earlier," said Birnbaum, founder of Becoming Maternity and Parenting Centres in Toronto. "It's a much easier concept to accept if you do it in a smaller sort of increments."

Routine is a key sleep mantra for the mother of three — and not just for her own brood. Birnbaum runs group sleep workshops and one-on-one private sleep consultations.

While daughters Eden, 9, and Noa, 5 1/2, attended camp, Birnbaum said they didn't stray much from the regular night-time routine. But ahead of a two-week family holiday, she was bracing for their typically structured sleep schedule to get slightly off-track and was already gearing up to correct course when they returned — albeit gradually.

She has similar advice for fellow parents regarding re-establishing the sleep routine.

"I think easing into it, so starting a week or so before school's going to start, sitting down with the kids and say: 'School's going to be starting, soon you're going to have to wake-up a lot earlier,"' said the 42-year-old.

"Then, slowly, making the bedtimes slightly earlier and going back to that routine that they had ... during school, where maybe things kind of loosened up. I think that works pretty well."

Jennifer Garden is founder of Sleepdreams, a Vancouver-based company specializing in sleep consultations for children. The registered occupational therapist says a pivotal tool in the sleeptime arsenal is having a wind-down routine prior to bed.

"TV — or screen time in general — is just flashing, blue (and) white lights and it's very stimulating to the brain," Garden said. "So if they can, move all of those pieces earlier and just have some quiet, settling-down time with no rough-housing or playing, and reading some books and singing songs."

Garden said other methods to help in the dozing-off process is to keep darkened rooms at a cool temperature which helps to drop to Stage 1 sleep — the transition from wake to sleep. She said it's also important to establish the bedroom as a place strictly for catching zzzs.

"It's best if you're reading bedtime stories with kids that they're not lying down that they're sitting up, because again, you want their body to associate the position of sleep with lying down.

"It's the same thing with adults and bringing computers or laptops ... to bed. It's just not advisable because your brain really can't settle down because it's expecting that it should be reading a book or watching TV when you're in that reclined position."

Garden said it's critical that parents and caregivers stick to the schooltime sleep plan, particularly during the first week back. She also advises parents to touch base with teachers to see if kids are experiencing any daytime sleepiness which may be an indicator of difficulty getting sufficient shut-eye.

Garden said kids in Grades one through five should be getting at least ten to 11 hours of sleep each night, but said studies find they're actually only getting about nine and a half hours.

"If sleep isn't going well as one of the (activities of daily living), none of the others are going to go well, either," she said.

"I see a huge role in terms of making sure that we can facilitate good sleep so that the rest of the day can go well."

THE CANADIAN PRESS

Ariana Birnbaum reads to her daughter, Eden Brown, as part of their bedtime routine in preparation for the new school year. MICHELLE SIU/CANADIAN PRESS

Quoted

"It's a much easier concept to accept if you do it in smaller sort of increments."

Ariana Birnbaum. Founder of Becoming Maternity and Parenting Centres.
Giving advice on how to get kids back to their school-day routines after summer vacation.

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AHEAD OF THE CURVE

ISTOCKPHOTO/THINKSTOCK

USE LAST WEEKS OF SUMMER TO START PREPARING FOR THE UPCOMING SCHOOL YEAR

The dog days of summer may not inspire thoughts of returning to university or college, but a lack of preparation now might come back to bite you.

Deborah Rowan-Legg, vice-president of student services at Algonquin College, says getting a head start in the last weeks of summer can help students thrive when the year begins.

"The more a student can anticipate and be organized as the term begins, the less likely they are to fall behind or have any anxiety," she says.

She suggests logging into your student account to look at your upcoming timetable. It's usually released a month before classes start and tells you where and when the classes are and what books you will need. Start reading — it will make learning easier once classes begin.

If you are worried about a particular course, contact student services about your concerns and book a peer tutor ahead of time.

If you will have a job this term, you can gauge your scholastic workload now and figure out how much time that leaves for work. If you are going back to a job, touch base with your supervisor today to have the best chance at getting shifts that work around your classes.

"If the student has applied for financial assistance, ensure their application is complete and they're receiving the assistance for which they qualify, so there won't be any delay," Rowan-Legg adds. "It's a precautionary step."

Lorna Millard, an academic adviser at Vancouver Island University, says a major mental shift for students straight out of high school is that they are now treated as adults, not children or young adults.

"It's a big transition," she says. "The onus is on the student. The institution will provide all kinds of support, but we don't ram it down their throats."

She advises you to double-check that you are registered for all of your courses, that there haven't been changes that create a conflict, that you meet the prerequisites, and that the school has your transcripts. Failing to do so could see you deregistered.

Millard notes many post-secondary institutions communicate via paper mail. If you have moved, let them know. If you use your parents' address, ensure your parents tell you about any letters. And read the whole thing, Millard says. Crucial information may be tucked away on page 2.

She says time spent preparing over the summer will be time saved in the fall.

– Jon Tattrie

GEORGE BROWN COLLEGE
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Professional Development Opportunities for Health Professionals

Continuing Education at George Brown College

George Brown College has a range of certificates that are geared to health professionals and offered on a part-time basis through Continuing Education. Courses for these certificates start this September:

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- Studies in Aging

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For more information, call 416-415-5000, ext. 2126, or e-mail cecommunity@georgebrown.ca.

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CGA MAKES USE OF LATEST TECHNOLOGY

Becoming a certified general accountant (CGA) puts you on the fast track to building an exciting career with strong earning potential. Now the program is addressing the needs of busy, working individuals through online instruction.

Lorraine Cipparrone is a CGA and online instructor with the program. She says the CGA training still offers live lectures, but is moving towards a completely online format. "This way everybody, no matter where they are, they can learn."

In order to make it easier for working students, the CGA program makes use of the latest Internet technology.

"A lot of students are finding that with this busy environment that we're in, between working and family and paying student loans, they don't have time to attend a classroom," Cipparrone says.

Each of the CGA lectures are recorded and made available online. If you are unable to attend the live lecture, you can listen to it at your leisure.

"It's great for students who have English as a second language because even if they were attending live and they don't catch something, they don't feel out of place," Cipparrone says. "They just go back and listen to it over and over again until they understand the material, so they like that."

Throughout the semester, students make use of an online discussion board with quick access to instructors. "So if they have any questions, they can post a question, I get the message right away and I can go online and I can address their concerns immediately."

The student clientele for the CGA is quite broad, says Cipparrone. "We have students that have just left the college program, students that just left university, immigrants from out of country, whether they're accountants in their previous countries or not, and anybody in the workforce. It's a very wide range of students, and a very large age range, too."

You can also take your degree along with the CGA.

"We have actual agreements with universities such as Laurentian, so once you're in the CGA program, you would take a few extra courses and actually earn a degree along with your designation."

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TOOLS FOR SUCCESS

NEW RYERSON COURSE FOCUSES ON BUSINESS

RYERSON UNIVERSITY PHOTO

Ryerson University introduces the Foundations of Management Initiative, a new one-year, part-time program designed specifically for non-business graduates. The program gets you up to speed with the tools that you need to succeed in today's highly competitive business environment, as well as earning you a professional designation.

Jane Lee Saber is the chair of marketing at the Ted Rogers School of Management. "The program is actually designed for anyone who does not have a business background," she says. "So they could be architects, they could be engineers, they could be art students, nurses, midwives, a variety of people who would like to have a foundation in business topics."

The program addresses two target markets, according to Saber. "These courses are also prerequisites for getting into the MBA program. It's both the people who are interested in pursuing an MBA, as well as those who just want a grounding in business."

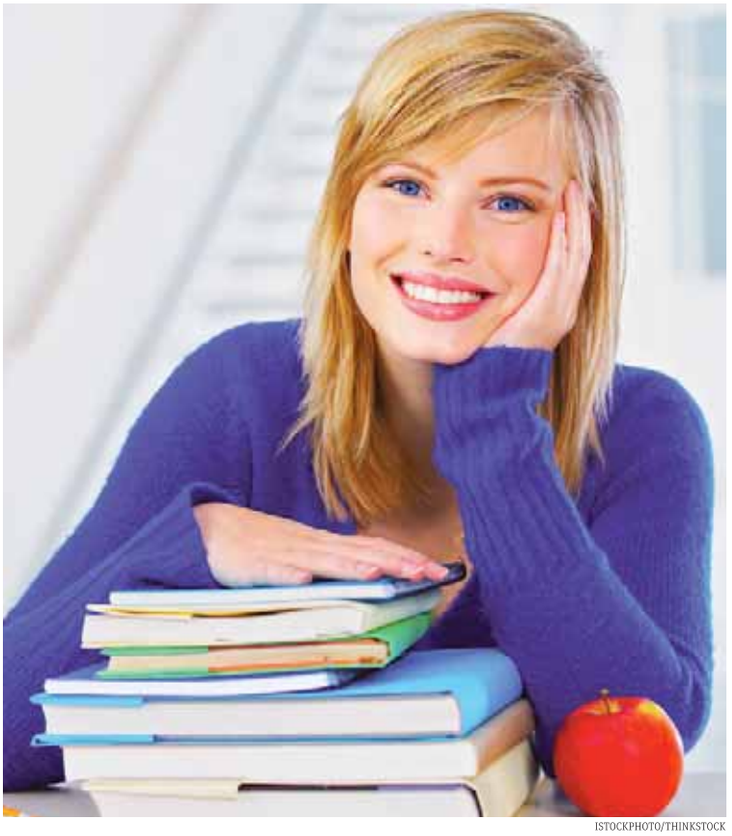
Many students are interested in being employed rather than running their own business and really need a competitive edge. Your Professional Achievement in Management designation will show potential employers that you have the necessary business skills.

"They're so important virtually no matter what industry you're in," Saber says. "We spent countless thousands of hours and thousands of dollars developing the program and we're the first university in Canada to do anything like this."

Classes begin Sept. 15.

Don't miss the information session on Aug. 22 from 6-7 p.m. Go to TRS 1-075, 7th Floor at Ted Rogers School of Management, 55 Dundas St. W., Toronto.

ISTOCKPHOTO/THINKSTOCK



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UPGRADING EDUCATION PAYS OFF

Canada is a global leader in lifelong learning and that contributes to the success of the country and of individual Canadians.

Andrew Parkin, director general of the Council of Ministers of Education in Canada, says upgrading your education pays off. "Consistently, we see that people with more education do better in the workforce. They have shorter periods of unemployment, they are less likely to be unemployed and are more likely to earn more," Parkin says. "It makes Canada an attractive place to invest because we have such a highly educated and highly skilled citizenry, and it makes our quality of life excellent as well."

In a fast-change workplace, you can't expect to train once and have that serve you for 45 years.

But it's not just MBA students who become adult learners. Parkin points out that Canada has the highest per cent of adults with post-secondary credentials in the OECD, but also one of the highest proportions of 15 to 20 year olds who are out of school.

That's because many young people opt to leave school to work in places like Alberta's oilpatch. "Some sectors are less hot than they were two or three years ago, but nonetheless there is still an ability for young adults in Canada to earn some good money," he says. "Once they're done that they'll need to come back to school."

By age 30, most Canadians have a high school diploma or more. "People go in and out of school, they go in and out of work, and the system has to be flexible enough to respond to those realities. People's life experiences are more complicated than a straight line," he says.

Ramona Jennex, Nova Scotia's education minister and the chairwoman of CMEC, says lifelong learning must be open to everyone.

"(We) recognize that Canada works best when all citizens have the knowledge and skills they need to succeed," she says. "This means there can be no one left behind: Young people, adult workers, Aboriginal Canadians, new immigrants, and those with differing abilities — all must have access to quality educational opportunities to ensure their success."

The 2008 global economic crisis reaffirmed that a post-secondary education can buffer you from the worst of financial storms. You are more likely to keep your job, or to find another.

"It's going to be easier for you to navigate through change," Parkin says. "That contributes to an economic advantage not just for individuals, but for the country as a whole."

– Jon Tattrie

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It's been said that knowing another language is like having a second perspective on the world.

While that may sound quite lofty, many Canadians certainly know what it means to enjoy two languages. If you are proficient in English and French your odds of getting better and higher paying jobs are greater. It's believed your communication skills are heightened and potentially more effective. Same goes for academics.

The cognitive brain benefits of knowing two languages have been well-documented. In fact, a York University study found links between bilingualism and a delay in the onset of dementia and Alzheimer's.

For Ottawa's Ian Mumford, the advantages of a French-language education have had a dramatic and lasting impact on his three daughters, all of whom attended francophone primary and secondary schools, where they embraced their immersion in French culture.

"Most importantly, they gained more openness and respect for cultural differences," says Mumford, who is the chief operating officer of Canadian Blood Services.

"Those two qualities will serve them well in the years ahead and will make them attractive to employers and will lead to sustained bilingualism in Canada."

Next to Quebec, Ontario has the largest francophone population with nearly 600,000 people, or five per cent of the population. It stands to reason then that Ontario would offer a vast network of French Language Education (FLE).

Whether you are three or 30, it's not too late to start your education in French. Full-time junior and senior kindergarten programs are available within the network, which comprises about 95,000 students in Catholic and public school boards. The FLE currently has about 430 elementary and secondary schools in addition to two French-language colleges and nine bilingual universities.

The FLE also offers early-childhood programs, extracurricular activities and summer camps, as well as support services for newcomers, families and students, adult programs and internships.

In addition to providing students an opportunity to experience the rich and diverse environment of a French educational culture, the network of schools offers top-notch academic results that surpass provincial, national and international averages.

For more information about FLE, its schools and its curriculums, visit elfontario.ca.

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REACHING BEYOND THE CLASSROOM

EVERYONE BENEFITS FROM TECHNOLOGY AT CENTENNIAL

Next to the printed word, technology is likely the most powerful development to hit the field of education in the past 500 years.

And despite the heavy-handed imprint made by the Internet, post-secondary education — any education for that matter — would be nothing without its professors, instructors, coaches and mentors.

"You can't take away the human element in learning," says Zafar Syed, the dean of organizational learning and academic development at Centennial College. "Technology will not replace sitting next to someone and seeing their face, and talking to them and making meaning from all of that."

Our digital age has prompted a transformation in teaching and learning that extends beyond a three-hour time slot on Tuesday mornings, says Syed. Dubbed the "flipped classroom," this revolution means teachers can download lectures and readings for students to absorb anywhere, anytime, preferably outside of hours spent in class.

The result, says Syed, has been remarkable for both students and faculty. The reach of technology allows more time in class for fruitful discussion, debate and group work, fostering students that are generally more engaged and interested in their studies and resulting in attendance records that are considered "very good."

Instructors, too, benefit as their interactions with students are more rewarding given that their in-class time is spent in a more supportive and instructive back-and-forth process with students, as opposed to rote, one-way lectures.

"What we want to do is create a safe and interesting learning environment where people are more likely to learn," Syed says.

"And technology helps us do this."

GET DIGITAL MEDIA SAVVY AT RYERSON

COURSE IS FIRST OF ITS KIND IN CANADA

Heidi Evans

At 42, Heidi Evans wanted instruction that would be quick, hands-on and transform her into the savvy digital media professional she knew she wasn't. Thanks to Ryerson University's digital specialization program she is now working on launching not one, but two web-based businesses.

"The fact that it was intensive and experiential was important to me," says the Toronto resident. "The hands-on incubation nature of it all allows you to learn quickly. If I had to read this in a textbook it would take at least three times as long."

The first of its kind in Canada, the program comprises two, 12-week courses. One provides students with an understanding of the tools of digital media. The other supports students as they nurture and create businesses for digital environments. Mentors are provided and students are given four months to shape their ideas before pitching them to business investors in a Dragon's Den-style exam.

"Students can Twitter and blog but they often don't understand how digital media works in the business world," says program co-ordinator Michael Carter. "I clearly think students taking this program will be further ahead upon graduation than if they just muddled through and figured out technology on their own."

The digital specialization program is available to students in any Ryerson faculty or program who have completed their first year of studies. Students from universities other than Ryerson may apply, as well as adult learners with post-secondary education. For more, visit digitalspecialization.ryerson.ca.

EYE ON THE PRIZE

Juggling work, study and personal life can result in a lot of dropped balls, but experts say you can manage to keep all three in the air with a little preparation.

Julie McCarthy, professor of organizational behaviour at the University of Toronto, studies burnt-out students.

She says to avoid crashing, embrace imperfection.

"Often, the successful ones eventually realize there have to be concessions," she says. "It may not be possible to be the top student, top employee and a mother of two."

Good enough may have to do in at least one of the trio if you need to excel in another area. "We don't want them to reach the breaking point, but to achieve balance across the three roles," McCarthy says.

McCarthy's research has identified three common strategies for dealing with conflicting demands for time, attention and energy. One is emotion-focused, where students reach out to family and friends for support during tough times at work and school. The second is problem-focused coping, where people deal with the task in front of them. The third is avoidance-focused. When the going gets tough, they get going to the movies.

People often think the problem-focused approach is superior, but McCarthy is a fan of avoidance. "You have to recover from daily stress," she explains. "One person may go to the gym, one may read a book, and another may go for a walk."

Balance the three as best you can, take good breaks and remember: This is only temporary. Keep your eye on the prize of an enhanced career that will make life better for you and your family. And keep juggling. – *Jon Tattrie*

"SOMEDAY" IS NOT A DAY OF THE WEEK.

Another reason to enrol in the CGA program now.

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Union to present league with alternative: Fehr

NHL. Negotiations about to pick up pace a month after NHLPA received initial offer

The NHL Players' Association is dreaming big.

Faced with an initial proposal in collective bargaining that held absolutely no appeal, NHLPA executive director Donald Fehr is proceeding as though it never happened.

Rather than quibbling over the fine points of the NHL's offer, the union has chosen to re-imagine the league's economic system in a proposal it will deliver on Tuesday.

"What we expect to do tomorrow is to put forth an alternative view as to what we should do next," Fehr said Monday. "That's the best way I can put it."

It's a bold move with a Sept. 15 deadline looming for a lockout. The initial offer from the NHL called for a lowering of the players' share in revenue and introduced new contract restrictions, among other things. There wasn't one aspect of it that appealed to the union, with one source saying the NHLPA felt it was designed to "anger and provoke" rather than kick-start meaningful discussions.

Despite that, the union thoroughly examined it over the last month before deciding there was no true counter-proposal to be made. Fehr will instead offer up a "different kind of an approach" — one that no doubt includes expanded revenue sharing and more flexibility than is currently allowed under the league's rigid salary cap system.

Negotiations are about to pick up pace. Despite the fact the sides have been talking throughout the summer, they finally seem ready to get down to work.

"All things in this world at this stage of this negotiation are possible," said Fehr.

THE CANADIAN PRESS

Donald Fehr

CHRIS YOUNG/THE CANADIAN PRESS

Kvitova rallies for Rogers Cup title

Petra Kvitova reacts following a point during the final of the Rogers Cup against Li Na on Monday in Montreal. Kvitova held on for the victory, 7-5, 2-6, 6-3. PAUL CHIASSON/THE CANADIAN PRESS

NHL. Giguere signs on for one more year in Colorado

The Colorado Avalanche have signed goalie Jean-Sebastien Giguere to a one-year contract extension.

The deal announced by the Avalanche on Monday will keep Giguere with the team through the 2013-14 season.

The 35-year-old Montreal native appeared in 32 games last season, his first with the Avalanche. He had the lowest goals-against average, 2.27, of any Colorado goaltender since David Aebischer in the 2003-04 season.

THE ASSOCIATED PRESS

Jean-Sebastien Giguere

GETTY IMAGES FILE

CFL

'Pinball' gets stamp of approval for 100th Grey Cup

Once again, Mike (Pinball) Clemons will serve as the face of the Toronto Argonauts franchise.

Canada Post announced Monday that the longtime Argos player, coach and executive will be featured in a special run of domestic stamps that will celebrate the Grey Cup's 100th anniversary. The historic game will be played at Rogers Centre on Nov. 25. THE CANADIAN PRESS

CFL. RB Riggs Jr. gets another shot with Argos

Gerald Riggs Jr. is hoping the third time is the charm.

The import running back returned to the Toronto Argonauts for the third time Monday, joining the practice roster. The move comes a day after the Argos released veteran tailback Cory Boyd.

Sophomore Chad Kackert will start at tailback for Toronto in Calgary on Saturday.

Riggs, the son of former NFL running back Gerald Riggs, attended Toronto's training camp in 2011 but was sent home to rehab a knee injury and ultimately released. He returned to camp this summer and made the Argos' opening-day roster before being relegated to the practice roster and ultimately released. THE CANADIAN PRESS

Gerald Riggs Jr. with the Argos in June 2011. TORSTAR NEWS SERVICE

4 SPORTS

Mobile sports

With the flame freshly doused at the London Olympics, some 2,500 young athletes from across the province will gather in Toronto — starting Tuesday — to kindle Olympic dreams of their own. Scan the code for some of the athletes to watch.

Canada's homecoming queens

Olympic gold medallist Rosie MacLennan, from King City, signs autographs upon arriving at Pearson International Airport on Monday.
J.P. MOCZULSKI/THE CANADIAN PRESS

Warm welcome.
Gold medallist MacLennan among several athletes to return home from London

Canada's Olympians were greeted by cheering fans and throngs of media as they touched down on home soil Monday.

A large crowd of young and old alike serenaded soccer star Christine Sinclair as she arrived in Vancouver a day after carrying Canada's flag in the London Games closing ceremony.

Across the country, Sinclair's teammate Diana Matheson, who scored the dramatic winning goal in Canada's bronze-medal victory over France, also received a hero's welcome when she arrived at Toronto's Pearson airport.

"I think right now we're going home to sleep for a week," said Matheson.

Canada's only gold medallist was also greeted by adoring fans in Toronto.

Trampolinist Rosie MacLennan, proudly wearing her medal around her neck, said her Olympic success has brought a lot of attention to her sport.

"Now everybody knows my name," said the 23-year-old MacLennan, who has seen her Twitter followers explode from 900 to more than 14,000 after the big win.

The women's soccer bronze was one of the biggest Canadian stories of the London Games after the team lost to the United States in a semifinal marred by controversial officiating.

Sinclair said the bronze medal reaffirms her desire to go for gold again at the 2016 Summer Games in Rio de Janeiro.

In the months leading up to the Games, the 29-year-old Burnaby, B.C., native said she would keep playing until at least the 2015 Women's World Cup, which Canada is hosting, and likely stay on for another year for the Rio Games.

But there was no doubt about her future Monday as she spoke to reporters, signed autographs and posed for pictures for hundreds of fans.

Sinclair helped Canada claim its first-ever Olympic medal in soccer as she led all scorers at the Games with six goals. It was also Canada's first medal in a traditional team sport at a Summer Games since 1936.

Sinclair's teammate Sophie Schmidt said the adulation showered on Canada's captain was well-deserved.

"She's meant so much to this team, and been the heart and soul of the team for so long," said Schmidt. "Now, finally, she has that medal. That kind of gives her that hero status. It's amazing."

THE CANADIAN PRESS

Quoted

"I'm not retiring. I don't think any of us are retiring."
Canadian women's soccer captain Christine Sinclair

For more Olympic coverage visit metronews.ca/olympics.

Women's soccer hero Diana Matheson, from Mississauga, shows off her bronze medal upon her arrival in Toronto on Monday. J.P. MOCZULSKI/THE CANADIAN PRESS

Van Koeverden lands in T.O.

Adam van Koeverden talks to members of the media upon his arrival at Pearson International Airport. The silver-medal-winning kayaker said he is still pondering his Olympic future. "I'm looking forward," said the Burlington native. "I don't know that I'm done."

DARRYL DYCK/THE CANADIAN PRESS

No regrets at all, says Hanson

JOHN MATISZ
john.matisz@metronews.ca

Janine Hanson simply could not stop smiling.

As the silver-medal-winning rower in Canada's women's eight boat arrived back home in London, Ont., on Monday, she was met by about a dozen supporters who gathered to greet the two-time Olympian after she stepped off a 4:11 p.m. connection flight from Pearson International.

"It's nice to be able to share the medal with people, just to come home and see friends and family," Hanson said, beaming.

Among the well-wishers was the Dew family. "She's a part of our family," Carla Dew said, proffering a gift of homemade bread and jam.

After a short embrace with family, Hanson flashed a big smile at Carla's son, Mitchel. The two, though 18 years apart, are good buddies. They met six years ago through Autism London, and Hanson remains a strong influence on Mitchel.

She has taught him how to swim and taken him on day trips, such as a tour of the Doug Wells Rowing Centre in London where the team trains.

But Hanson's homecoming was bittersweet because she knows the current women's eight roster won't be intact for much longer. Five of its nine members are 30 or older. Hanson and Ashley Brzozowicz will be passing the torch to a pair of 23-year-olds, Natalie Mastracci and Lauren Wilkinson.

Calling the big race a "good fight," she says placing second to the powerhouse Americans was a tremendous victory for the aging squad. And, with her boyfriend, family friends and Mitchel huddled around her, she summed up the crew's performance overseas: "No regrets at all."

Janine Hanson, 29, a member of the Canadian women's eight rowing team, shows off her silver medal to Mitchel Dew, a family friend, moments after arriving home in London, Ont., on Monday afternoon. JOHN MATISZ/METRO

The London gang

- Decathlete Damian Warner arrived in London at 8:24 p.m. Asked about his key to success at the Games, Warner, 23, said: "Just go out there and have fun. If I do, the results will come."
- Lesley Thompson-Willie, now a four-time Olympic medallist in rowing, was scheduled to arrive in London at 11:57 p.m.

To watch a video of Damian Warner's arrival in London, go to metronews.ca.

Ottawa. 'Inspiring' Olympians get a warm welcome from fans

If the Ottawa police pipe-and-drum band wasn't welcoming enough for local Olympians at the Ottawa International Airport Monday, the onslaught of greetings from dozens of friends, family and fans certainly was.

The sound from the pipes echoed through the hall as the athletes emerged from the customs gate one by one. Within seconds the fans drowned out the sound with loud cheers and applause.

Men's 4x100 relay teammates Oluwasegun (Segun) Makinde and Gavin Smellie were the first to come out.

The pair were all smiles, despite a disappointing performance just two days ago in London, when Canada was disqualified after fellow runner Jared Connaughton stepped over the inside lane.

"I was very disappointed," said Smellie at the airport Monday. "We managed to pull ourselves together and keep our heads up and hope the best for the future."

To see the number of people who showed up to welcome him home was a big surprise for the 26-year-old.

With the silver medal from men's eight rowing dangling from his neck, Canadian Conlin McCabe said it felt "awesome" to see many excited fans and media put a spotlight on his team.

Rower Conlin McCabe waves to fans at the Ottawa airport Monday with his silver medal dangling from his neck. JOE LOFARO/METRO IN OTTAWA

"Coming from Brockville, (Ont.), this never happens in our sport," said McCabe, before signing an autograph on a young boy's T-shirt.

Emma Lis, an Ottawa South United Soccer Club player, didn't know any of the athletes personally, yet she rushed to the airport just to see them arrive home.

"The saying for the Olympics this year was 'inspire a generation,' and I really feel that these athletes have done that," said Lis, 19.

"I definitely want to make it to the Olympics one day, and the women's soccer team especially proved that they were able to compete at such a high level. So it just opens the door for a lot of young athletes."

JOE LOFARO/METRO IN OTTAWA

Bringing home the goods

Olympic bronze medallist Mark de Jonge, from Halifax, poses with his medal as he arrives back in Canada at Pearson airport in Toronto on Monday. J.P. MOCZULSKIIT/THE CANADIAN PRESS

Olympian Custio Clayton is reunited with his girlfriend, Charis Diggs, and his son, Kyreece, as he returns from the London Olympics to a hero's welcome at Halifax Stanfield International Airport. JEFF HARPER/METRO

Boxer Custio Clayton floored by reception

Halifax. Athlete is among five Olympians returning to Nova Scotia after impressive showings at the Summer Games

ANDREW CALEY
halifax@metronews.ca

The moment the doors opened at Halifax Stanfield International Airport and revealed boxer Custio Clayton, the crowd erupted.

Clayton, from North Preston, N.S., had a huge smile as his son was passed to him through the crowd and his friends and family presented him with a medal.

"This is crazy. I mean, to come through here and see all these people here, it doesn't get much better than that," Clayton said.

A collection of a few hundred family members, friends and fans waited at the airport to greet their Olympic heroes Monday afternoon.

Along with Clayton, Nova Scotia's Ellie Black, Geoff Harris, Jenna Martin and Danielle Dube returned home after an impressive showing at the Summer Games in London.

Clayton lost a controversial decision on a count back to Great Britain's Freddie Evans in the quarter-finals. A win would have guaranteed him at least a bronze medal. But Clayton took the decision in stride and is looking forward to getting a chance to sit back and rest before getting back to the gym.

Just the beginning?

Ellie Black, Custio Clayton and Geoff Harris all confirmed that after some rest, they will set their sights on the Rio 2016 Olympics.

"To see all these people behind me even though I didn't win a medal.... But deep down they believe in me and believe I won the medal and I believe I won the medal and that's what's important."

Black, the 16-year-old gymnast from Halifax, came through the airport gates to chants of "Ellie! Ellie! Ellie!"

"It's amazing," she said with tears in her eyes. "It is the best experience ever. Everyone's here."

Black's strong performance, particularly in vault, helped propel Team Canada to its first-ever team final in the Olympics and a Canadian-best fifth-place finish.

Black said being in London was a great experience and that she will use what she learned there to help propel herself toward the 2016 Summer Games in Rio de Janeiro.

But for now, she just wants to get home and see those who didn't make the trip to the airport.

"I can't wait to get home and see my dog," she said with a laugh.

7.5 M watch closing ceremonies

The closing ceremony was Canada's most-watched event of the London Olympics.

An average of 7.5 million people tuned in to Sunday's broadcast of the Summer Games finale.

That was more than the 6.4 million Canadians who watched the opening ceremony.

Usain Bolt's run to gold in the 100 metres was Canada's most-watched sports event with an average of 6.2 million tuning in to both the English and French broadcasts of the Aug. 5 race.

Tough to compare

While the Canadian ratings for London outpaced the Beijing Games four years ago, it's difficult to compare the two because a new ratings-measurement system was introduced in 2009 that has seen sports TV ratings skyrocket.

The controversial women's soccer semifinal between Canada and the U.S. was second with an average of 3.1 million tuning in.

Canada's Olympic broadcast consortium said 31.9 million viewers tuned in to TV coverage between July 27 and Aug. 12. That's up from the 24 million who watched the 2008 Beijing Olympics on CBC.

The broadcast consortium said 3.4 million hours of content was viewed at CTVOlympics.ca and RDSolympiques.ca, while more than 1.1 million mobile apps were downloaded.

THE CANADIAN PRESS

A performer during the closing ceremony of the London Olympics on Sunday. GETTY IMAGES FILE

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	67	47	.588	—
Tampa Bay	62	52	.544	5
Baltimore	62	53	.539	5½
Boston	57	59	.491	11
Toronto	54	60	.474	13

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	62	51	.549	—
Detroit	61	54	.530	2
Cleveland	53	62	.461	10
Kansas City	49	65	.430	13½
Minnesota	49	65	.430	13½

WEST DIVISION

	W	L	Pct	GB
Texas	67	46	.593	—
Oakland	61	53	.535	6½
Los Angeles	60	55	.522	8
Seattle	53	63	.457	15½

Monday's results

Texas at N.Y. Yankees

Chicago White Sox at Toronto

Detroit at Minnesota

Cleveland at L.A. Angels

Tampa Bay at Seattle

Sunday's results

Boston 14, Cleveland 1

Toronto 10, N.Y. Yankees 7

Baltimore 5, Kansas City 3

Chicago White Sox 7, Oakland 3

Tampa Bay 7, Minnesota 3, 10 innings

Texas 8, Detroit 3

Seattle 4, L.A. Angels 1

Tuesday's games

All times Eastern

Boston (Beckett 5-9) at Baltimore (W.Chen 10-7), 7:05 p.m.

Texas (M.Harrison 13-6) at N.Y. Yankees (Kuroda 10-8), 7:05 p.m.

Chicago White Sox (Quintana 4-2) at Toronto (H.Alvarez 7-9), 7:07 p.m.

Detroit (Fister 6-7) at Minnesota (Duensing 2-7), 8:10 p.m.

Oakland (J.Parker 7-6) at Kansas City (Guthrie 1-3), 8:10 p.m.

Cleveland (Jimenez 9-11) at L.A. Angels (Greinke 0-1), 10:05 p.m.

Tampa Bay (M.Moore 9-7) at Seattle (Millwood 4-10), 10:10 p.m.

Wednesday's games

Detroit at Minnesota, 1:10 p.m.

Tampa Bay at Seattle, 3:40 p.m.

Boston at Baltimore, 7:05 p.m.

Texas at N.Y. Yankees, 7:05 p.m.

Chicago White Sox at Toronto, 7:07 p.m.

Oakland at Kansas City, 8:10 p.m.

Cleveland at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	71	44	.617	—
Atlanta	66	48	.579	4½
New York	55	60	.478	16
Philadelphia	52	62	.456	18½
Miami	52	63	.452	19

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	69	46	.600	—
Pittsburgh	64	50	.561	4½
St. Louis	62	53	.539	7
Milwaukee	52	61	.460	16
Chicago	44	69	.389	24
Houston	38	78	.328	31½

WEST DIVISION

	W	L	Pct	GB
San Francisco	63	52	.548	—
Los Angeles	62	53	.539	1
Arizona	58	57	.504	5
San Diego	51	65	.440	12½
Colorado	41	71	.366	20½

Monday's results

L.A. Dodgers at Pittsburgh

Philadelphia at Miami

San Diego at Atlanta

Houston at Chicago Cubs

Milwaukee at Colorado

Washington at San Francisco

Sunday's results

L.A. Dodgers 5, Miami 0

Pittsburgh 11, San Diego 5

Philadelphia 8, St. Louis 7, 11 innings

Milwaukee 5, Houston 3

Cincinnati 3, Chicago Cubs 0

San Francisco 9, Colorado 6

Arizona 7, Washington 4

N.Y. Mets 6, Atlanta 5

Tuesday's games

All times Eastern

L.A. Dodgers (Billingsley 8-9) at Pittsburgh (Correia 9-6), 7:05 p.m.

N.Y. Mets (C.Young 3-6) at Cincinnati (Latos 10-3), 7:10 p.m.

Philadelphia (K.Kendrick 4-9) at Miami (Jo.Johnson 7-8), 7:10 p.m.

San Diego (Richard 9-11) at Atlanta (T.Hudson 11-4), 7:10 p.m.

Houston (Harrell 9-8) at Chicago Cubs (Volstad 0-8), 8:05 p.m.

Arizona (I.Kennedy 10-9) at St. Louis (J.Kelly 2-5), 8:15 p.m.

Milwaukee (Wolf 3-8) at Colorado (Chatwood 2-2), 8:40 p.m.

Washington (Zimmermann 9-6) at San Francisco (Bumgarner 12-7), 10:15 p.m.

Wednesday's games

Philadelphia at Miami, 12:40 p.m.

Houston at Chicago Cubs, 2:20 p.m.

Milwaukee at Colorado, 3:10 p.m.

Washington at San Francisco, 3:45 p.m.

L.A. Dodgers at Pittsburgh, 7:05 p.m.

N.Y. Mets at Cincinnati, 7:10 p.m.

San Diego at Atlanta, 7:10 p.m.

Arizona at St. Louis, 8:15 p.m.

TUESDAY

BLUE JAYS 10, YANKEES 7

New York	ab	r	h	bi	Toronto	ab	r	h	bi
Jeter ss	5	2	3	2	RDavis lf	5	1	2	5
Swisher rf	5	1	2	1	McCoy 2b-ss	5	1	1	1
Teixeir 1b	4	0	1	0	Encrnc dh	4	2	3	2
Cano dh	3	1	1	2	Cooper 1b	5	0	2	1
AnJons lf	4	1	1	0	Sierra rf	5	1	3	0
Grndrs cf	4	1	1	0	Mathis c	4	2	1	1
McGeh 3b	4	0	1	1	YGoms 3b	3	1	1	0
RMartn c	4	0	0	0	Gose cf	3	1	0	0
J.Nix 2b	3	1	1	1	Hchvrr ss	3	1	1	0
ISuzuki ph	1	0	0	0	KJhnsn ph-2b	1	0	0	0
Totals	**37**	**7**	**11**	**7**	**Totals**	**38**	**10**	**14**	**10**
New York					**000 013 300**			**7**	
Toronto					**100 630 00x**			**10**	

DP—Toronto 1. LOB—New York 4, Toronto 7. 2B—Jeter (23), Teixeira (24), An.Jones (7), McGehee (3), J.Nix (9), R.Davis 2 (18), Encarnacion (22), Mathis (9). HR—Jeter (9), Cano (25), Encarnacion (30). SB—R.Davis (33).

New York	IP	H	R	ER	BB	SO
P.Hughes L,11-10	4	9	7	7	1	4
Igarashi	2	3	3	3	1	1
Eppley	1 2-3	1	0	0	1	3
Rapada	0	1	0	0	0	0
Chamberlain	1-3	0	0	0	0	0
Toronto						
Happ W,1-1	5 2-3	6	4	4	0	4
Lincoln	1	4	3	3	0	0
Oliver H,13	1 1-3	1	0	0	0	2
Janssen S,15-16	1	0	0	0	0	0

Rapada pitched to 1 batter in the 8th.
HBP—by Oliver (Cano). WP—Happ. PB—R.Martin.
Umpires—Home, Mike DiMuro; First, Jim Reynolds; Second, James Hoye; Third, Jim Joyce.
T—2:49. A—43,924 (49,260) at Toronto.

FOOTBALL

NFL PRE-SEASON

Monday's result

Dallas at Oakland

Sunday's result

Indianapolis 38, St. Louis 3

Thursday, Aug. 16

Cleveland at Green Bay, 8 p.m.

Cincinnati at Atlanta, 8 p.m.

Friday, Aug. 17

Tennessee at Tampa Bay, 7:30 p.m.

Buffalo at Minnesota, 8 p.m.

Jacksonville at New Orleans, 8 p.m.

Detroit at Baltimore, 8 p.m.

Miami at Carolina, 8 p.m.

Oakland at Arizona, 10 p.m.

Saturday, Aug. 18

N.Y. Giants at N.Y. Jets, 7 p.m.

San Francisco at Houston, 8 p.m.

Kansas City at St. Louis, 8 p.m.

Washington at Chicago, 8 p.m.

Dallas at San Diego, 9 p.m.

Seattle at Denver, 9 p.m.

Sunday, Aug. 19

Indianapolis at Pittsburgh, 8 p.m.

Monday, Aug. 20

Philadelphia at New England, 8 p.m.

CFL

WEEK EIGHT

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Hamilton	6	3	3	0	182	198	6
Toronto	6	3	3	0	138	151	6
Montreal	6	3	3	0	164	188	6
Winnipeg	6	1	5	0	127	199	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	6	4	2	0	158	119	8
Edmonton	6	4	2	0	139	99	8
Calgary	6	3	3	0	186	174	6
Saskatchewan	6	3	3	0	175	141	6

Thursday's game

Hamilton at Winnipeg, 8 p.m.

Friday's game

Montreal at Edmonton, 9 p.m.

Saturday's game

Toronto at Calgary, 7 p.m.

Sunday's game

Saskatchewan at B.C., 7 p.m.

SCORING LEADERS

(x — scored two-point convert)

	TD	C	FG	S	Pts
Whyte, Mtl	0	16	14	4	62
McCallum, BC	0	16	14	2	60
Shaw, Edm	0	13	14	1	56
Paredes, Cal	0	18	12	0	54
Milo, Sask	0	16	11	4	53
Palardy, Wpg	0	9	13	0	48
Congi, Ham	0	21	8	1	46
x-Lewis, Cal	7	2	0	0	44
Walker, Ham	7	0	0	0	42
Sheets, Sask	6	0	0	0	36
Prefontaine, Tor	0	5	10	1	36
C.Williams, Ham	5	0	0	0	30
Waters, Tor	0	5	7	1	27
x-Matthews, Wpg	4	2	0	0	26
Boyd, Tor	4	0	0	0	24
Cornish, Cal	4	0	0	0	24
Dressler, Sask	4	0	0	0	24
Harris, BC	4	0	0	0	24
Whitaker, Mtl	4	0	0	0	24
Brink, Wpg	3	0	0	0	18
Charles, Edm	3	0	0	0	18
Koch, Edm	3	0	0	0	18
Lavoie, Mtl	3	0	0	0	18
Mitchell, Cal	3	0	0	0	18
Owens, Tor	3	0	0	0	18
x-Fantuz, Ham	2	2	0	0	14
Bratton, Mtl	2	0	0	0	12
Burnett, Edm	2	0	0	0	12
Foster, BC	2	0	0	0	12
Getzlaf, Sask	2	0	0	0	12
Gore, BC	2	0	0	0	12
Grant, Ham	2	0	0	0	12
Iannuzzi, BC	2	0	0	0	12
Inman, Tor	2	0	0	0	12
O.Jones, Ham	2	0	0	0	12
London, Mtl	2	0	0	0	12
Lulay, BC	2	0	0	0	12
Richardson, Mtl	2	0	0	0	12
Stephenson, Ham	2	0	0	0	12
Taylor, Cal	2	0	0	0	12
x-Watson, Wpg	1	2	0	0	8
DeAngelis, Sask	0	2	2	0	8
Alix, Tor	0	1	2	1	8
Anderson, Mtl	1	0	0	0	6
Barnes, Tor	1	0	0	0	6
Bekasiak, Mtl	1	0	0	0	6
T.Brown, BC	1	0	0	0	6
Bruce, BC	1	0	0	0	6
Bryant, Cal	1	0	0	0	6
Chambers, Edm	1	0	0	0	6
Cote, Cal	1	0	0	0	6
Denmark, Wpg	1	0	0	0	6
Durant, Sask	1	0	0	0	6
T.Edwards, Wpg	1	0	0	0	6
Green, Mtl	1	0	0	0	6
Fraser, Cal	1	0	0	0	6
Hill, Edm	1	0	0	0	6
Hughes, Sask	1	0	0	0	6
J.Jackson, Tor	1	0	0	0	6

GOLF

WORLD RANKING

Through Aug. 12

1. Rory McIlroy	NIr	10.35
2. Luke Donald	Eng	9.59
3. Tiger Woods	USA	8.71
4. Lee Westwood	Eng	7.35
5. Webb Simpson	USA	6.23
6. Adam Scott	Aus	6.13
7. Justin Rose	Eng	6.12
8. Bubba Watson	USA	6.11
9. Jason Dufner	USA	5.93
10. Steve Stricker	USA	5.78
11. Matt Kuchar	USA	5.68
12. Keegan Bradley	USA	5.61
13. Graeme McDowell	NIr	5.33
14. Zach Johnson	USA	5.12
15. Hunter Mahan	USA	5.05
16. Louis Oosthuizen	SAf	4.78
17. Ernie Els	SAf	4.72
18. Dustin Johnson	USA	4.58
19. Phil Mickelson	USA	4.32
20. Rickie Fowler	USA	4.22
21. Martin Kaymer	Ger	4.14
22. Charl Schwartzel	SAf	4.13
23. Ian Poulter	Eng	4.10
24. Francesco Molinari	Ita	4.08
25. Jason Day	Aus	4.03
26. Bo Van Pelt	USA	3.99
27. Brandt Snedeker	USA	3.94
28. Jim Furyk	USA	3.90
29. Sergio Garcia	Esp	3.86
30. Peter Hanson	Swe	3.80
31. Bill Haas	USA	3.76
32. Carl Pettersson	Swe	3.54
33. Paul Lawrie	Sco	3.43
34. Nick Watney	USA	3.41
35. Nicolas Colsaerts	Bel	3.35
36. John Senden	Aus	3.31
37. David Toms	USA	3.30
38. K.J. Choi	Kor	3.23
39. Martin Laird	Sco	2.98
40. David Lynn	Eng	2.96
41. Thomas Bjorn	Den	2.85
42. Geoff Ogilvy	Aus	2.71
43. Fredrik Jacobson	Swe	2.69
44. Simon Dyson	Eng	2.66
45. Rafael Cabrera Bello	Esp	2.65
46. Bae Sang-moon	Kor	2.65
47. Aaron Baddeley	Aus	2.65
48. G.Fernandez-Castano	Esp	2.61
49. Mark Wilson	USA	2.56
50. Alvaro Quiros	Esp	2.51
51. Jonathan Byrd	USA	2.50
52. Branden Grace	SAf	2.47
53. Kevin Na	USA	2.46
54. Scott Piercy	USA	2.43
55. Robert Garrigus	USA	2.43
56. Kyle Stanley	USA	2.42
57. Jamie Donaldson	Wal	2.42
58. Ben Crane	USA	2.35
59. Anders Hansen	Den	2.31
60. Marcel Siem	Ger	2.30
61. Padraig Harrington	Irl	2.27
62. Robert Karlsson	Swe	2.25
63. Alexander Noren	Swe	2.20
64. Michael Thompson	USA	2.16
65. Ben Curtis	USA	2.13
66. Greg Chalmers	Aus	2.13
67. Retief Goosen	SAf	2.11
68. Robert Rock	Eng	2.07
69. John Huh	USA	2.06
70. Ryo Ishikawa	Jpn	2.05
71. Miguel Angel Jimenez	Esp	2.03
72. Marc Leishman	Aus	2.01
73. Johnson Wagner	USA	2.00
74. Vijay Singh	Fji	2.00
75. Rory Sabbatini	SAf	1.97

TENNIS

ATP-WTA

WESTERN & SOUTHERN OPEN

At Mason, Ohio

Singles

Men

First Round

Nikolay Davydenko, Russia, def. Alexandr Dolgopolov (13), Ukraine, 6-1, 6-1.

Andreas Seppi, Italy, def. Robin Haase, Netherlands, 6-4, 6-4.

Jesse Levine, United States, def. Donald Young, United States, 6-4, 7-6 (2).

Marin Cilic (12), Croatia, def. Sergiy Stakhovsky, Ukraine, 6-3, 4-6, 6-4.

Yen-hsun Lu, Taiwan, def. Lukasz Kubot, Poland, 6-3, 6-0.

Brian Baker, United States, def. Philipp Kohlschreiber (15), Germany, 7-6 (7), 7-6 (3).

Viktor Troicki, Serbia, def. Ivan Dodig, Croatia, 6-4, 7-5.

Florian Mayer, Germany, def. Fabio Fognini, Italy, 7-5, 6-2.

Pablo Andujar, Spain, def. Marinko Matosevic, Australia, 6-4, 6-3.

Women

First Round

Mona Barthel, Germany, def. Maria Jose Martinez Sanchez, Spain, 6-0, 6-4.

Timea Babos, Hungary, def. Varvara Lepchenko, United States, 7-6 (4), 6-4.

Anabel Medina Garrigues, Spain, def. Simona Halep, Romania, 6-3, 6-0.

Johanna Larsson, Sweden, def. Casey Dellacqua, Australia, 6-1, 6-3.

Julia Goerges, Germany, def. Shahar Peer, Israel, 6-3, 6-3.

Camila Giorgi, Italy, def. Francesca Schiavone (14), Italy, 6-1, 6-3.

Eleni Daniilidou, Greece, def. Vania King, United States, 6-3, 2-6, 7-6 (6).

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	24	13	7	4	30	22	43
New York	24	12	7	5	40	34	41
Houston	24	11	6	7	35	27	40
Chicago	23	11	7	5	28	25	38
Montreal	26	10	13	3	36	43	38
D.C. United	22	11	8	3	36	29	36
Columbus	20	8	8	4	20	21	28
Philadelphia	21	7	12	2	23	27	23
New England	23	6	12	5	26	29	23
Toronto	22	5	13	4	25	40	19

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	24	14	5	5	47	29	47
Real Salt Lake	25	13	9	3	36	30	42
Seattle	23	10	6	7	32	24	37
Vancouver	24	10	7	7	28	29	37
Los Angeles	25	11	11	3	43	39	36
Chivas USA	21	7	9	5	14	25	26
Dallas	25	6	11	8	29	34	26
Colorado	24	8	15	1	31	35	25
Portland	22	5	12	5	20	37	20

Note: Three points for a win, one for a tie.

Sunday's results

Chicago 3 Philadelphia 1

Montreal 1 New England 0

Los Angeles 4 Chivas USA 0

Wednesday's games

Los Angeles at Columbus, 7 p.m.

Portland at Toronto, 7 p.m.

Dallas at Vancouver, 10 p.m.

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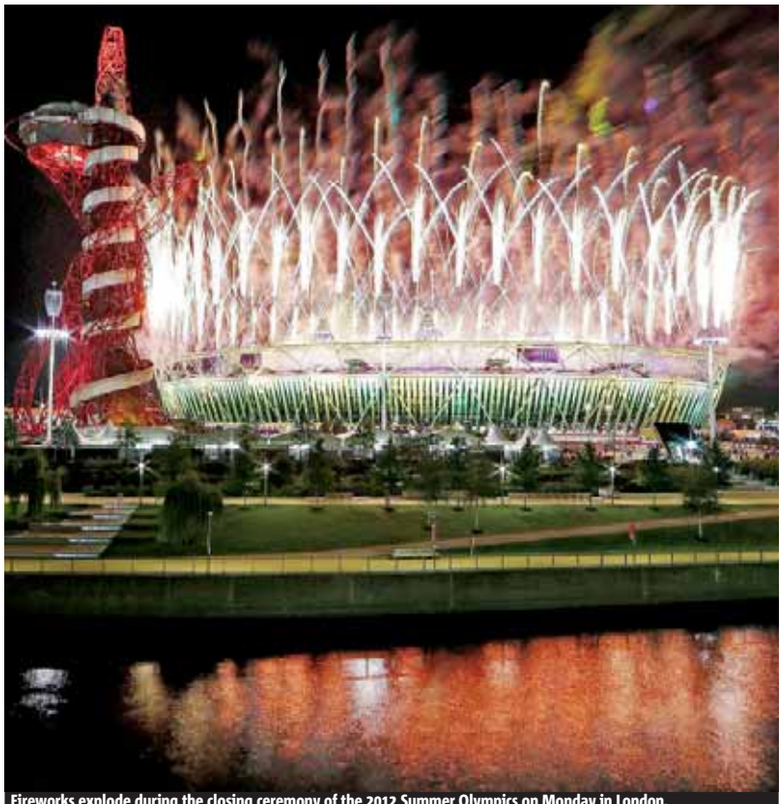

Fireworks explode during the closing ceremony of the 2012 Summer Olympics on Monday in London.
BULLIT MARQUEZ/THE ASSOCIATED PRESS

Naysayers eat their words as Games go on without a hitch

Review. British officials hail Olympics as a success with transportation and weather co-operating while host athletes reeled in 65 medals

For skeptics, the Olympics were deliciously doomed: London's transport network would surely fail, Britain's athletes would flop, rain would prevail and terrorists would strike. But then the sun came out after months of sodden skies, vehicles moved briskly, there were no attacks and British athletes reeled in a shocking 65 medals.

On Monday, as international athletes and visitors poured out of London and the city's eight million residents resumed their normal lives, British officials hailed the 2012 Olympics as an unqualified success. Even the naysayers predicting doom and gloom had to eat their words.

"I was moaning like everyone else before the games, thinking the roads would be packed and nothing would work," said London shopkeeper Yvette Tracton, 28. "But it's been brilliant."

Celebrations kicked off around the country as athletes returned home to cheering crowds. Leeds gave a special reception to three medallists, including triathlon gold and bronze-winning brothers Alistair and Jonathan Brownlee.

"It's been a fantastic week in London, but to come home to Leeds is better than anything else," said Alistair.

Some 116,000 people were leaving Monday from Heathrow airport, London's busiest hub, compared with 95,000 for a typical August day. Gatwick Airport was handling 70,000 departing passengers, 15 per cent more than usual. Airports had come under scrutiny in the months leading up to the Olympics for lacking the staff to deal with backlogs of people and luggage, but Monday's crowds moved through without a hitch.

THE ASSOCIATED PRESS

By the numbers

- Some 300,000 foreigners and 5.5 million day-trippers flocked to the city for the Games. Hotel occupancy was at 84 per cent — double what Beijing and Sydney saw during their Olympics.
- Police made some 250 arrests — there were no attacks.

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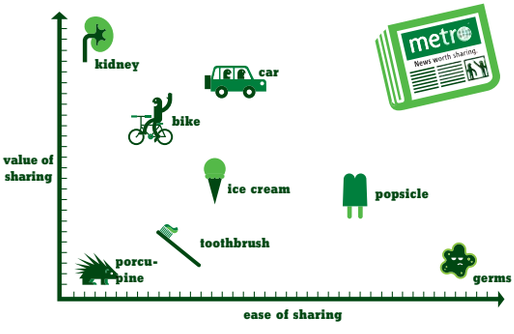

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Horoscopes

♈ Aries
March 21 - April 20
Whatever else you do today, you must not take sides in a dispute. Power planet Pluto warns that even if you pick the winning side, you will lose out in ways you had not expected. Stay neutral — it's safer.

♉ Taurus
April 21 - May 21
No matter how successful you have been in your career, you can't shake the feeling that you could have done even better. Maybe it's true, maybe you could, but there's still today and tomorrow.

♊ Gemini
May 22 - June 21
For some reason, you have got it into your head that a friend or colleague is trying to take advantage of you. Most likely it is your imagination playing tricks on you. Master your mind, don't let it master you.

♋ Cancer
June 22 - July 23
Use your powers of persuasion to convince a friend or relative that what they are worrying themselves silly about is not worth the effort. And after you have convinced them, you might like to do the same for yourself.

♌ Leo
July 24 - Aug. 23
The message of the stars today is that you have taken on too much and need to cut back on your commitments. You may not want to let people down but the fact is your health must come first.

♍ Virgo
Aug. 24 - Sept. 23
A friend or colleague will suggest something today that sounds really good, but because you are worried about your money situation you may let it pass. Mistake! It could be the cash cow you've been looking for.

♎ Libra
Sept. 24 - Oct. 23
Other people may think that a certain course of action is wrong but you don't have to agree with them. Only you can decide what is "right" and "wrong" in your life, so don't give that power away.

♏ Scorpio
Oct. 24 - Nov. 22
You will achieve more in the long-term if you deal with people one-to-one than if you try to get your message over to large groups. Use your Scorpio charm (yes it does exist!) to get what you need.

♐ Sagittarius
Nov. 23 - Dec. 21
It may be that your options are limited but they are not so limited that you have to sit back and let fate turn you this way and that. Make a decision today and stick with it. Show fate you're the boss.

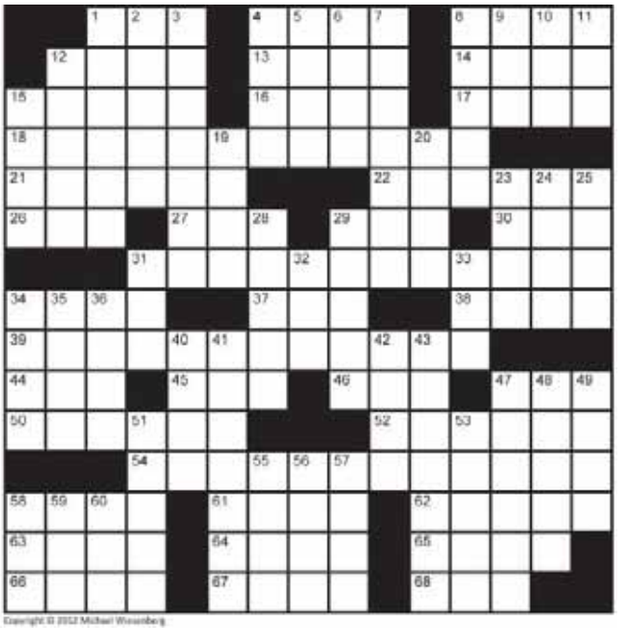
♑ Capricorn
Dec. 22 - Jan. 20
You have big ideas and big plans, but are you ever going to do anything with them? The planets urge you to stop thinking so much and actually start working. A little bit each and every day is all that is needed.

♒ Aquarius
Jan. 21 - Feb. 19
No matter how much pressure you come under from influential people, you must not betray your principles. If you back off even a little bit now you will end up backing off a lot later on.

♓ Pisces
Feb. 20 - March 20
It may be true that some people are not pulling their weight but don't make a big deal of it. Ignore what they are doing (or not doing) and focus on your own activities — that's what will make the difference.

SALLY BROMPTON

Crossword: Miscellany



Across
1. Replacement
4. Real estate rentals: abbr.
8. Observes
12. Altar end of church
13. Bend in a sink's pipe
14. Ottawa-born singer-songwriter Paul who wrote the much-covered "My Way"
15. Weeps
16. Short note
17. Encounter
18. Canada's official weights and measures reckoning (2 wds.)
21. Big rig fuel
22. Clandestine meetings
26. Hosp. workers
27. Prefix for logical or physical meaning "earth"
29. Maritime Prov.
30. "___ Baby Baby": 1965 Miracles hit
31. Montréal singer-poet most known for "Suzanne" (2 wds.)
34. Rim
37. *Nightmare on ___ Street*
38. Assents noiselessly
39. Canadian and American honeymooners' destination (2 wds.)
44. Bear's hibernation spot
45. Chewing ___
46. "___ thousand times ...": "I'll never agree" (2 wds.)
47. Lamb's bleat
50. Dextrose and fructose
52. What Scarborough or North York is to Toronto
54. These mountains extend from southern BC through Washington and Oregon to Northern California (2 wds.)
58. A step away
61. America's top corn-growing state
62. Gold bar
63. Lake bounded on the north by Ontario
64. Affirm solemnly
65. Home to Adam and Eve
66. Makes a mistake
67. Bird home
68. Canadian redeye

Down
1. Is venomous to
2. People with computers
3. Overwhelm, as with requests
4. Cash dispensers
5. Carnivore's quarry
6. Scottish caps
7. Like a leopard
8. ___ Davis Jr.
9. Montréal-to-Québec dir.
10. Barely manage (with "out")
11. Posed
12. "Congratulations ___ order" (2 wds.)
15. Admiral's underling: abbr.
19. Disney goldfish
20. Guitarist Clapton
23. Area in London or NYC
24. ___ the line: conformed
25. Male offspring
28. 60 minutes past midnight (2 wds.)
29. Spin doctor, for short (2 wds.)
31. Part of a race
32. Fuzzy alien of '80s TV
33. Light switch positions
34. Finishes
35. "Mon ___!"
36. Band of outlaws
40. India city that's home to the Taj Mahal
41. ___ roulette
42. Be an unsuccessful gambler
43. PM Wilfrid
47. ___ cord: what thrill-seeking bridge jumper uses
48. Inert gas in vacuum tubes
49. Aid
51. 640 make a square mile
53. "Don't ___ words with me"
55. Small inlet
56. Bedazzles
57. Barroom projectile
58. Society page adjective that means "born" in French
59. Flub
60. Atmosphere

Yesterday's crossword

What's online

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			2					
2				1	7		3	
	5	7		6		2	8	1
	9					1	4	
			1		2			
	2	3					5	
5	1	9		7		4	2	
	3		6	5				9
					4			

Yesterday's Sudoku

2	3	6	8	5	1	4	9	7
1	5	7	9	4	9	2	6	8
4	9	8	6	7	2	5	1	3
7	1	9	2	8	5	3	4	6
3	6	2	7	9	4	8	5	1
5	8	4	1	3	6	9	7	2
9	7	1	4	2	3	6	8	5
6	4	3	5	1	8	7	2	9
8	2	5	3	6	7	1	3	4

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ADR. 501 70 – Court Documentation and Process
Tuesday, Sept. 4 – Dec. 11 (45 hours) | 4:20 pm - 6:55 pm
This course examines the role of mediation and pre-trials in settling litigated disputes in the Ontario Small Claims Court and the Ontario Superior Court of Justice.

ADR. 502 70– Administrative Tribunals: Practice
Thursday, Sept. 6 – Dec. 13 (45 hours) | 12:40 pm - 3:20 pm
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ADR. 503 70– Ethical Issues in ADR
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ADR. 504 70– Advocacy Skills for ADR Professional
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ADR. 505 70– Community Mediation
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